

PIES, ROASTS & ONE POTS



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TRIED & TESTED**

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- 24 impressive roasts
- Simple one-pot dishes (less washing up!)

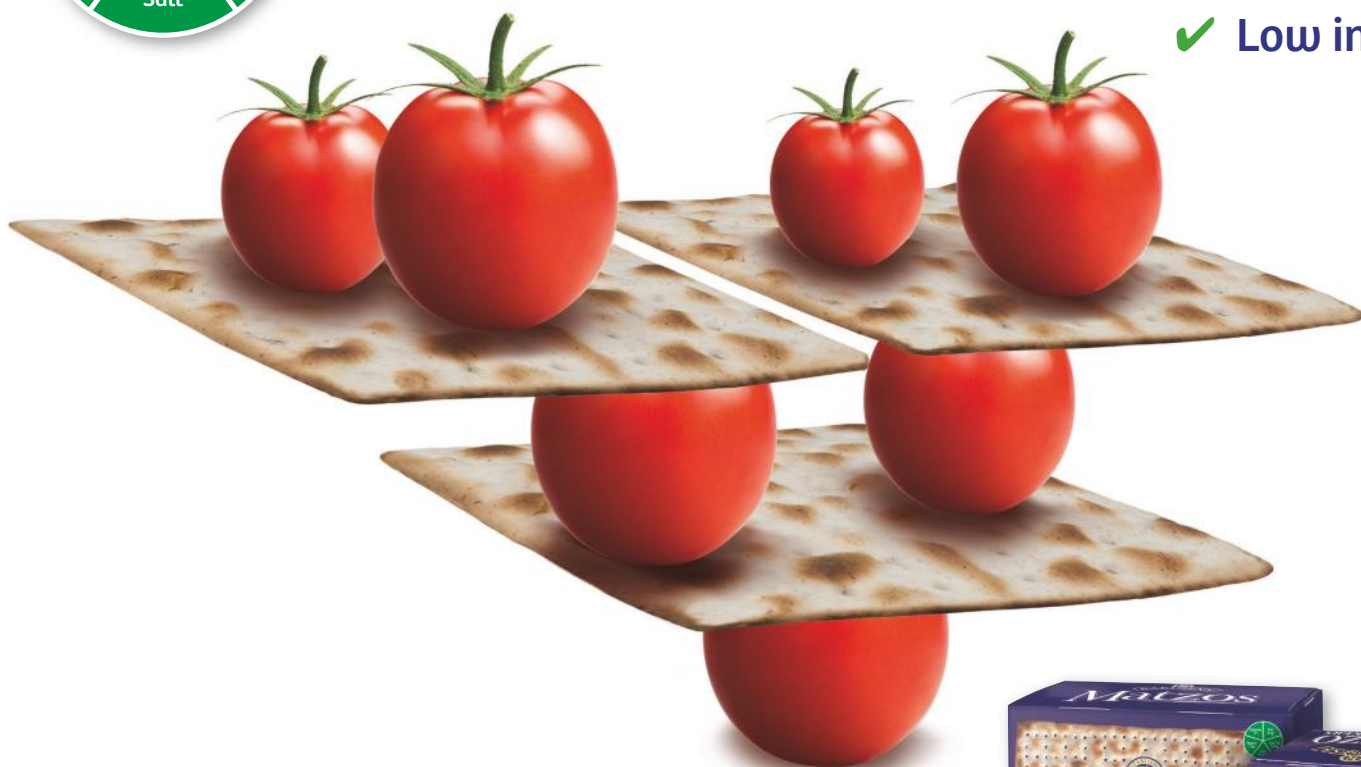
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So what exactly is the **MAGIC** of pie? There's something about breaking through that golden crust – the crisp sound as the pastry yields to the spoon and lets out a puff of **STEAM** from the filling below, be it meat, fish or vegetarian. Pies convert people. Even those who say they don't like fish seem to like a fish pie (and there's a **VERY GOOD** one on p105).

As for roasts, the cooking smells fill the house, bringing with them the **MOOD-BOOSTING** feelings associated with weekends and relaxation. And then there's the **SATISFACTION** of the one-pot recipe. Most of the recipes in this section use a single pan for the cooking, meaning **LESS WASHING UP** at the end of the meal. Never a bad thing. All the recipes come with the assurance that they've been **TESTED** by the experts at delicious. magazine, so you know they'll work. Whatever you choose to cook, I have a feeling you're going to love it.

Karen

Karen Barnes, editor



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PS

Each month, delicious. magazine is packed with midweek recipes, ideas for entertaining and techniques to help you become a better cook. Turn to p84 for a half-price subscription offer.



PIES, ROASTS & ONE POTS

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The delicious. magazine promise

delicious. is an award-winning food magazine, full of great recipes, from simple to show-off, all illustrated with stunning photographs. In this special recipe collection, as in the magazine, you're guaranteed:

RECIPES THAT WORK Every recipe is rigorously tested by our food team, using state-of-the-art Electrolux ovens, so you can be confident they work every time.

NO-FUSS INGREDIENTS We aim to use easy-to-find ingredients. We'll tell you where to find any unusual ingredients and/or what to substitute them with.

NUTRITIONAL INFORMATION Recipes are analysed for nutritional content by an expert nutritionist. They are calculated with precision but may vary, depending on the ingredients used. Calculations include only listed ingredients.

[v] Indicates a vegetarian recipe.

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See p84



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RECIPE COLLECTION

Roasts

There are few things more satisfying than the aroma of a roast dinner. Here, that stalwart of the weekend kitchen gets a makeover. Whether you fancy pork, poultry, beef, lamb or fish, these dishes are too good to keep for Sunday best. Some are speedy enough to put together for an easy weekday family supper, and all bring exciting flavour combinations to the table. There are just two things to remember – find your nearest good butcher and fishmonger (or use a respected online supplier), then buy the best quality you can

Roast chicken with lemon, fennel, peas and beans

SERVES 6

TAKES 15 MIN TO MAKE,

1 HOUR 15 MIN TO COOK, PLUS RESTING

- 3 good knobs of butter, softened
- 1.5kg whole free-range chicken
- 2 large onions, sliced
- 3 garlic cloves, unpeeled and bashed
- 1 lemon, halved
- 2 fennel bulbs, halved and sliced, any fronds reserved
- 500ml dry white wine
- 3 fresh thyme sprigs, plus extra sprigs to garnish
- 200g green beans
- 200g fresh or frozen (defrosted) peas
- Creamy mash to serve

1. Heat the oven to 200°C/fan180°C/gas 6. Rub a knob of the butter into the skin of each chicken breast.

2. Put the onions, garlic, lemon and fennel into a flameproof casserole or roasting tin and sit the chicken on top. Pour over the wine and scatter over the thyme. Season generously, cover with a lid or foil and roast for 45 minutes.

3. Uncover and roast for 30 minutes more until golden and cooked through (the juices should run clear when you pierce the thickest part of the thigh). Lift out the chicken, put on a plate or board, cover with foil and rest for 15 minutes.

4. Put the casserole/tin with the veg over a medium heat, bring the cooking juices to the boil, then reduce to a simmer, add the green beans and cook for 3–4 minutes. Mix in the peas and the remaining butter, then season.

5. Put the chicken on top of the veg, scatter over the extra thyme and reserved fennel fronds, then bring to the table. Carve the chicken and serve with creamy mashed potatoes, if you like.

PER SERVING 331kcal, 6.6g fat (2.8g saturated), 43.6g protein, 11.2g carbs (6.3g sugars), 3.3g salt, 5.5g fibre

GREAT SIDE DISH...

Roast halved new potatoes in a mix of butter, olive oil, a squeeze of lemon and seasoning to serve alongside.





Roast partridge with cider gravy

SERVES 2

**TAKES 20 MIN TO MAKE,
25 MIN TO COOK**

- 20g butter
- 4 large fresh thyme sprigs
- 2 oven-ready partridges
- 6 rashers British free-range rindless dry-cured smoked streaky bacon, 4 left whole, 2 chopped
- 1 tbsp olive oil
- 1 small onion, thinly sliced
- 100ml cider
- 150ml homemade or fresh chicken stock
- 1 tbsp crab apple and cider jelly (we like Highfield Preserves, available at Waitrose) or redcurrant jelly
- ½ tsp soft butter
- ½ tsp plain flour
- Watercress to garnish

1. Heat the oven to 230°C/fan210°C/gas 8. Push half the butter and 2 thyme sprigs into the cavity of each partridge, then season well. Cross 2 bacon rashers over the breast of each bird, truss them into a neat shape and secure with string.

2. Heat the olive oil in a small roasting tin, add the onion and chopped bacon, then fry gently for 5 minutes until lightly brown. Scoop into the centre of the tin, put the partridges on top, then roast for 15 minutes. Lower the temperature to 180°C/fan160°C/gas 4 and roast for a further 10 minutes.

3. Remove the tin from the oven and lift the birds onto a plate. Cover with foil and leave somewhere warm to rest while you make the gravy.

4. Pour the excess fat out of the roasting tin, then place it over a medium-high heat. As soon as it sizzles, add the cider.

Scrape the tin with a wooden spoon to release the caramelised juices, then boil for 2 minutes until syrupy. Add the stock and crab apple jelly, then bubble vigorously for 4-5 minutes until reduced and nicely flavoured. Strain into a small pan, then bring back to a simmer. Blend the soft butter with the flour in a cup and whisk in, a little at a time, until the gravy is thickened. Season and serve with the roast partridge, along with a small bunch of watercress.

PER SERVING 836kcal, 43.2g fat, (16.6g saturated), 88.4g protein, 10.9g carbs (8.6g sugars), 3.2g salt, 1.2g fibre

One-pan roast chicken

SERVES 6

TAKES 10 MIN TO MAKE,
1 HOUR 20 MIN TO COOK

- 750g potatoes, unpeeled, cut into chunks
- 2 parsnips, cut into quarters or eighths if large
- 2 beetroot, cut into wedges
- 2 red onions, cut into wedges
- 1 lemon, cut into wedges
- ½ garlic bulb, cloves unpeeled

- Few fresh thyme sprigs, leaves picked
- Good glug olive oil or rapeseed oil
- 2kg free-range chicken

1. Heat the oven to 200°C/fan180°C/gas 6. Put all the vegetables in a large roasting tin. Add the lemon, garlic and thyme, then toss with the oil and plenty of seasoning. Season the chicken and place on top of the vegetables, then roast for 60-70 minutes until the chicken is cooked (the juices will run clear when

you pierce the thick part of the thigh with a skewer).

2. Remove the chicken, cover with foil and leave to rest in a warm place for 15-20 minutes. Meanwhile, toss the veg and return them to the oven to crisp up. Serve the chicken with the roasted vegetables and any cooking juices.

PER SERVING 337kcal, 8.3g fat (1.7g saturated), 36.7g protein, 28.5g carbs (5.7g sugars), 0.3g salt, 5.5g fibre

COOK'S TIP

This is a cheap and easy meal for the family. Keep the free-range chicken carcass to make chicken stock for using in risottos and soups.



Maple-glazed roast chicken with chestnut and apple stuffing balls

SERVES 6

TAKES 25 MIN TO MAKE,
1 HOUR 45 MIN TO COOK

- 1.75kg free-range chicken
- Few sprigs each fresh sage, thyme and parsley, plus extra thyme sprigs to garnish
- 25g unsalted butter
- Sunflower oil for greasing
- 3 tbsp maple syrup
- 200ml homemade or fresh chicken stock
- 1 tbsp plain flour
- 200ml dry fruity cider (we like Aspath Premier Cru)
- Roasted butternut squash wedges and mini corn cobs to serve

FOR THE STUFFING BALLS

- 20g unsalted butter
- 2 rindless British free-range smoked streaky bacon rashers, chopped
- 1 small onion, finely chopped
- 250g British free-range pork sausagemeat
- 100g cooked peeled chestnuts, coarsely chopped (roast your own or buy ready-prepared)
- 10g fresh white breadcrumbs
- 1 small eating apple, such as cox, peeled, cored and chopped
- ½ tbsp each chopped fresh sage, thyme and parsley leaves
- ¼ tsp freshly grated nutmeg

1. Heat the oven to 200°C/fan180°C/gas 6. For the stuffing balls, melt the 20g unsalted butter in a small frying pan. Add the bacon and fry for 3-4 minutes until lightly golden. Add the onion and fry gently for another 8-10 minutes until soft and lightly golden. Tip into a mixing bowl and leave to go completely cold. Add the sausagemeat, chestnuts, breadcrumbs, apple, chopped sage, thyme and parsley leaves, grated nutmeg and some salt and pepper to the onions, then mix it all together well with your hands. Shape into about 12 walnut-size balls.

2. Season the chicken cavity with a little salt and pepper, then push in the herb sprigs and 25g unsalted butter. Tie the bird's legs together with string, season all over, put in a lightly oiled roasting tin, then roast for 1 hour.

3. Put the stuffing balls in another

small, oiled roasting tin. Remove the chicken from the oven and brush the skin with some of the maple syrup.

Return to the oven with the tray of stuffing balls and roast for another 20 minutes, brushing the skin of the chicken halfway through with more maple syrup until it's nicely coloured.

4. Remove the cooked chicken from the oven, flip it over and put breast-down on a carving board (see Know-how). Wrap loosely in foil and leave for 15 minutes. Roast the stuffing balls for another 5-10 minutes until nicely browned.

5. For the gravy, pour away the excess fat from the chicken roasting tin, put it on the hob over a medium heat and add a splash of the stock. Scrape the caramelised bits off the bottom with a wooden spoon so they dissolve and release all their flavour. Stir in the flour, cook for 1 minute, then gradually add the remaining stock and the cider. Simmer vigorously until well flavoured and reduced to a good consistency for gravy. Strain into a clean pan, season to taste, then keep hot.

6. Unwrap the chicken and serve with the cider gravy, chestnut and apple stuffing balls, extra sprigs of thyme and the roasted vegetables.

PER SERVING 519kcal, 22.3 fat (9g saturated), 56.3g protein, 19.2g carbs (9.4g sugars), 1.5g salt, 1.8g fibre

KNOW-HOW
Turning the chicken upside-down to rest allows the juices to seep into the breast for more succulent meat.



POULTRY

Sage and pancetta-stuffed chicken

SERVES 4-6

TAKES 20 MIN TO MAKE,
1 HOUR 20-30 MIN TO COOK

- 75g butter, softened
- 3 garlic cloves, crushed
- 1.8kg free-range chicken
- 10 fresh sage leaves
- Olive oil for frying
- 4 pancetta slices, chopped
- 2 shallots, finely chopped
- 40g fresh breadcrumbs
- 1 large free-range egg yolk, beaten
- 1 tbsp flour
- Small glass dry white wine
- 250-300ml fresh chicken stock, hot

1. Heat the oven to 190°C/fan170°C/gas 5. In a small bowl, mash the butter with 2 of the crushed garlic cloves and season. Working your hand in from the neck cavity, gently separate the chicken skin from the meat and rub the garlic

butter over both chicken breasts. Slide 3 sage leaves under the skin on each side.

2. Heat a little olive oil in a frying pan, then add the chopped pancetta and fry until crisp. Remove the pancetta to a medium bowl, leaving the juices in the pan, and set aside to cool. Add the shallots and remaining crushed garlic clove to the pan and gently fry until soft. Set aside for 5 minutes to cool.

3. When cool, add the shallots to the pancetta in the bowl along with the breadcrumbs, remaining 4 sage leaves, shredded, and the egg yolk. Season well with sea salt and black pepper, then mix together well.

4. Gently push the stuffing inside the neck cavity, then secure the skin with cocktail sticks to stop the stuffing from escaping during cooking.

5. Put the stuffed chicken in a large roasting tin, then season and roast for 60-70 minutes or until the juices run

clear, basting the chicken with its juices halfway through cooking.

6. Remove from the oven and transfer the chicken to a carving board. Leave to rest for 20 minutes, loosely covered with foil, then carve.

7. While the bird is resting, make the gravy. Spoon off most of the fat from the top of the roasting juices in the tin and discard. Scrape up the sticky brown bits from the pan, then pour, along with the juices, into a saucepan over a high heat. Stir in the flour and cook for 2 minutes. Add the wine and let it boil for a few minutes, then pour in the stock and simmer for 10 minutes or until the gravy has reduced a little. Season, then pour the gravy through a fine sieve into a large jug and serve hot with the chicken.

PER SERVING (FOR 6) 447kcal, 20.9g fat (9.5g saturated), 51.5g protein, 7.5g carbs (0.8g sugars), 1.3g salt, 0.5g fibre



ASK THE EXPERT

Your butcher can tunnel-bone your leg of lamb for you to make room for the herby, nutty stuffing. It puts a new spin on lamb roasts.



Roast lamb with herbs, macadamia nuts and lemon

SERVES 8

**TAKES 20 MIN TO MAKE,
1 HOUR 50 MIN TO COOK**

- 2.5kg leg of British lamb, tunnel-boned (see tip), at room temperature
- 3 garlic cloves, crushed
- 50g fresh flatleaf parsley
- ½ small bunch fresh oregano, leaves picked
- 5 fresh thyme sprigs, leaves picked
- 5 pancetta slices, finely chopped
- 3 anchovy fillets
- 40g macadamia nuts
- 50g sourdough bread, torn into pieces
- 40ml olive oil, plus extra for drizzling
- Squeeze lemon juice
- Few fresh rosemary sprigs
- 300ml dry white wine
- 1 tbsp plain flour
- 300ml fresh chicken stock

1. Heat the oven to 200°C/fan180°C/gas 6. Season the lamb all over.

2. In a food processor, whizz the garlic and herbs together, then add the pancetta, anchovies, nuts and bread. With the motor running, add the 40ml oil. If the mixture is too thick or dry, add a splash of just-boiled water. Season with a squeeze of lemon juice and some salt and pepper.

3. Fill the cavity of the lamb with the stuffing, then tie up with string to hold it together. Put the lamb in a roasting tin, then tuck a few sprigs of rosemary

under the string and drizzle with olive oil. Roast for 1½ hours, adding 150ml of the wine after 30 minutes and basting every so often.

4. Transfer the lamb to a plate or lipped board, then cover with foil and leave to rest for 20 minutes. Meanwhile, make the gravy. Strain the juices from the roasting tin into a pan, skimming off all but 1 tbsp fat. Add the flour, then cook, stirring, over a low heat for 2 minutes. Add the remaining 150ml wine and bubble, then stir in the stock and any resting juices from the lamb. Strain, then serve with the lamb.

PER SERVING 631kcal, 36.4g fat (12.6g saturated), 62.4g protein, 5.3g carbs (0.8g sugars), 1.3g salt, 0.9g fibre

Herb and quinoa rolled roast pork

SERVES 8

TAKES 30 MINUTES TO MAKE,

2½ HOURS TO COOK

- 3kg whole piece British, free-range pork belly (choose the widest piece possible, which will be easier to roll), with ribs – ask your butcher to remove these for you, and keep them to use in the recipe
- 2 tbsp flaky sea salt
- 1 tbsp fennel seeds, lightly crushed

FOR THE STUFFING

- 100g quinoa
- 2 tbsp olive oil
- Knob of butter
- 1 leek, finely sliced
- 2 garlic cloves, crushed
- 1-2 red chillies, deseeded and finely chopped
- 150g baby spinach (wilted by pouring boiling water from a kettle over it in a colander, then cooling slightly and squeezing dry), chopped
- 8 semi-dried tomatoes, finely chopped
- Finely grated zest 1 lemon and squeeze juice
- Large handful fresh flatleaf parsley, finely chopped

1. For the stuffing, put the quinoa in a pan with 340ml cold water, bring to a boil, then simmer for 15 minutes until all the water is absorbed. Drain, fluff with a fork, then set aside in a bowl to cool.

2. Heat the oil and butter in a pan, then gently fry the leek for 5 minutes until soft. Add the garlic and chilli, then fry for a further minute. Add to the bowl with the cooled quinoa and mix. Add the spinach, semi-dried tomatoes, lemon zest, a squeeze of lemon juice and the parsley, then season well.

3. Heat the oven to 240°C/fan220°C/gas 9 or as high as it will go. Put the

pork belly skin-side down on a work surface and, using a very sharp knife, remove the ribs if your butcher hasn't already done so. Turn the belly over and use the knife to score lines widthways into the skin.

4. Place 8 x 30cm pieces of string along a work surface and put the pork belly on top, skin-side down (make sure the string is lying the same way as the scored lines).

5. Spoon the stuffing down the middle of the belly, then bring up the sides around the stuffing until they meet. Tie tightly with the string and weigh to calculate the cooking time (25 minutes per 450g, plus 20 minutes). Turn the belly over and rub all over with sea salt and fennel seeds.

6. Put the reserved ribs in a roasting tin and put the pork on top with the joint underneath. Roast for 20 minutes, then turn the oven down to 180°C/fan160°C/gas 4 and roast for the remainder of the cooking time.

7. When cooked, transfer to a warmed platter and rest, uncovered, for 20 minutes before serving.

PER SERVING 654kcal, 49.8g fat (17.5g saturated), 46g protein, 5.3g carbs (1.3g sugars), 1g salt, 0.9g fibre

SPICY APPLE SAUCE

Simmer 500g prepared bramley apples with 150ml water and 50g caster sugar for 15 minutes, stirring often, until soft. Add 25g butter and chopped chilli to taste.

MEAT



Slow-roast fennel and coriander pork belly with salsa verde

SERVES 6-8

TAKES 15 MIN TO MAKE,
6½-8 HOURS TO COOK

FOR THE PORK

- 1 tbsp sea salt
- 2 tsp coriander seeds
- 2 tsp fennel seeds
- 3kg free-range British pork belly, ribs removed and retained, skin scored

FOR THE SALSA VERDE

- Large handful fresh flatleaf parsley, finely chopped
- Small handful each fresh basil and mint, leaves picked and finely chopped
- 3 anchovy fillets, finely chopped
- 1 red chilli, deseeded and finely chopped
- 2 tbsp capers, drained, rinsed and roughly chopped
- 75-100ml extra-virgin olive oil
- Juice 1 lemon to taste

1. Heat the oven to its highest temperature. In a pestle and mortar, roughly crush the salt, coriander and fennel seeds, then rub all over the pork. Put the ribs in the middle of a roasting tin, then rest the pork belly on top.

2. Roast for 30 minutes, then reduce the oven temperature to 140°C/fan120°C/gas 1 and cook for 6-7 hours until tender. If the crackling isn't looking as crisp as you'd like, turn the temperature back up again for the last 15-20 minutes.

3. Meanwhile make the salsa verde. Put the herbs, anchovies, chilli and capers

in a bowl. Drizzle in the oil and mix until you have a luscious green sauce. Season with salt and pepper and lemon juice to taste, then serve with the pork.

PER SERVING (FOR 8) 983kcal, 74.2g fat (24.1g saturated), 79.2g protein, 0.5g carbs (0.1g sugars), 2.6g salt, 0.3g fibre



COOK'S TIP

If you think your joint might be too rare, check the centre. It's cooked if the individual meat fibres are discernible, rather than looking gelatinous.



Slow-roast beef with a pepper and rosemary crust

SERVES 10

**TAKES 25 MIN TO MAKE,
2-2½ HOURS TO COOK, PLUS 30 MIN
RESTING**

- 1.5kg rolled British topside beef joint
- 2 tbsp olive oil, plus extra for rubbing
- 2 tsp black peppercorns
- 1 tbsp sea salt flakes
- 2 fresh rosemary sprigs, leaves stripped and finely chopped
- 4-6 red onions, cut into wedges
- 200g chestnut mushrooms, sliced
- 1 garlic bulb, cloves separated
- 2 bay leaves
- 400ml Guinness
- 300ml beef stock, hot

1. Heat the oven to 180°C/fan160°C/gas 4. Season the beef and rub it with oil, then put it in a roasting tin and roast for 15 minutes. Meanwhile, grind the peppercorns, salt, rosemary and olive oil in a pestle and mortar until you have a coarse paste.

2. Remove the beef from the tin, then coat it with the paste. Turn the oven down to 100°C/fan80°C/gas ¼. Put the onions, mushrooms, garlic cloves and bay leaves in the tin, then put the beef joint on a roasting rack on top. Pour the Guinness and half the stock into the tin, then return to the oven and cook for 1½-2 hours, adding more stock if the vegetables look like they're drying out.

3. Once the beef is cooked to your liking (a thermometer pushed into the middle

should read 50°C for rare and 60°C for medium, see tip), remove from the oven, transfer to a board and rest somewhere warm for 30 minutes, wrapped loosely in foil. Strain the onion mixture from the tin. Keep the onions warm and pour the juices into a saucepan.

4. Heat the juices until bubbling. If you want more gravy, add the rest of the stock along with more Guinness if you fancy. Slice the meat thinly, then serve with the sticky onions and gravy.

PER SERVING 231kcal, 6.6g fat (2g saturated), 36.2g protein, 5.2g carbs (3.4g sugars), 2.1g salt, 1.5g fibre

Roast loin of lamb with braised peas and green sauce

SERVES 6
TAKES 45 MIN TO MAKE,
40-55 MIN TO COOK, PLUS RESTING

- 1 boned and rolled double loin of British lamb weighing about 1-1.2kg (see tip)
- Olive oil for rubbing
- Crushed new potatoes to serve

FOR THE BRAISED PEAS

- 200g unsmoked bacon lardons
- 150g (about 3 medium) banana shallots, halved and thinly sliced
- 150ml fresh chicken stock
- 600g peas, fresh or frozen
- ½ tsp caster sugar
- 25g butter

FOR THE GREEN SAUCE

- 1 fat garlic clove, thinly sliced
- 15-20g fresh mint leaves, roughly chopped
- 8-10g fresh flatleaf parsley leaves, roughly chopped
- 2 tbsp capers in brine, rinsed and drained
- 1 tsp dijon mustard
- Juice ½ lemon
- 150ml extra-virgin olive oil

1. Heat the oven to 230°C/fan210°C/gas 8. Weigh the lamb and calculate the cooking time, allowing 18-20 minutes per 450g, depending on how pink you like it – this will give you medium cooked lamb, still slightly pink in the centre. Put it in a roasting tin, rub all over with a little olive oil and season well. Roast in the oven for 15 minutes, then turn down the temperature to 200°C/fan180°C/gas 6 and roast for the rest of the cooking time.

2. About 5 minutes before the lamb is ready to come out of the oven to rest,

start the braised peas. Heat a wide-based shallow pan over a high heat, then add the bacon lardons, lower the heat slightly and fry, stirring, until lightly golden. Stir in the shallots, cover and cook over a low heat for about 7 minutes until just starting to colour.

3. Meanwhile, for the green sauce, put the garlic, herbs and capers on a chopping board and chop into a coarse paste. Scoop into a bowl and stir in the mustard, lemon juice, extra-virgin olive oil and some seasoning. (Don't make it in advance or the mint will turn black.)

4. Take the lamb out of the oven, cover with foil and rest for 10 minutes. Stir the stock into the bacon and shallots and bring to the boil. Add the peas and sugar, then simmer with the lid off for 2 minutes or until the peas are just tender and the stock has reduced to a few tablespoons. Stir in the butter and season to taste.

5. Carve the lamb into slices. Spoon the braised peas into the centre of each plate and put the lamb on top. Spoon over a little of the green sauce and serve with crushed new potatoes and the remaining green sauce.

PER SERVING 652kcal, 45.5g fat (14g saturated), 47g protein, 13.5g carbs (4.1g sugars), 1.8g salt, 6.9g fibre

KNOW-HOW
This tender cut is ideal as a small roasting joint. It cooks quickly and carves into neat slices. Don't overcook – it's best served slightly pink.

MEAT





Rib of beef with porcini, tarragon and port gravy

SERVES 8

**TAKES 25 MIN TO MAKE,
2 HOURS 15 MIN TO COOK**

- 3-bone rib of British beef (about 3.5kg)
- Vegetable oil for rubbing
- 2 red onions, roughly sliced
- 1.2 litres good quality fresh beef stock
- 6 fresh tarragon sprigs
- 10g dried porcini mushrooms
- 2 tbsp flour
- 150ml port, plus extra to finish
- Splash red wine vinegar

1. Heat the oven to 190°C/fan170°C/gas 5. Rub the beef all over with oil and season with salt and pepper. Put the onions in a large roasting tin and sit the beef on top. Pour in half the stock, then add 4 tarragon sprigs. Roast for 25 minutes, then turn the heat down

to 170°C/fan150°C/gas 3½ and cook for 1 hour 30 minutes for medium-rare (add 20 minutes for medium). If using a meat thermometer, it should read 55°C in the middle for medium-rare (60°C for medium). Don't let the tin dry out – keep adding splashes of stock.

2. Meanwhile, soak the porcini in 300ml boiling water for 30 minutes, then drain, reserving the soaking liquid. Chop the porcini and set aside.

3. Remove the beef from the oven and put it on a lipped board.

4. Strain the juices from the tin into a bowl, then skim off the fat, reserving 2 tbsp. Heat the 2 tbsp fat in a pan, then stir in the flour and cook until it smells biscuity. Add the 150ml port, stirring, and bubble until the alcohol smell has gone. Strain the roasting juices and porcini juice into the pan, stirring to a glossy

gravy that just coats the back of a spoon (add the rest of the beef stock if you wish). Stir in the porcini, then add an extra splash of port, the vinegar and the remaining tarragon, chopped. Taste and adjust the seasoning, then serve with the rib of beef.

PER SERVING 581kcal, 17.7g fat (6.7g saturated), 91.6g protein, 6.7g carbs (3.6g sugars), 1g salt, 0.8g fibre

Crackling ham

SERVES 10-12 WITH LEFTOVERS
TAKES 15 MIN TO MAKE,
3-3½ HOURS TO COOK, PLUS RESTING

- ½ British free-range unsmoked, bone-in gammon (about 4-4.5kg), skin scored for crackling – ask your butcher to do this for you (see tips)
- Sea salt
- Cranberry relish, chutney or cumberland sauce to serve

1. Heat the oven to 170°C/fan150°C/gas 3½. Put the gammon in a large, shallow roasting tin, sprinkle the skin generously with salt, then transfer to the preheated oven to roast for 2½-3 hours until the internal temperature reads 65°C when

measured with a digital thermometer. Be sure to take a reading from the centre of the gammon, making sure not to touch the bone with the probe.

2. Increase the oven temperature to 230°C/fan210°C/gas 8. Wrap foil around any exposed bits of ham so that only the skin is left unwrapped. Return the ham to the oven to cook for a further 20-25 minutes, until the majority of the skin has crackled and is crisp. You may have to rotate the ham a little to make sure all the skin has crisped up.

3. When you're happy with the crackling, remove the ham from the oven, take off the foil and rest the ham, uncovered, on a lipped board for 30 minutes. Carve in generous slices, with the crackling attached, and serve with cranberry relish, chutney or cumberland sauce.

PER SERVING (PER 100G) 204kcal, 12.3g fat (4.1g saturated), 23.3g protein, no carbs, 3g salt, no fibre

KNOW-HOW

When scoring the skin for perfect crackling, use a really sharp knife to cut right through the fat too, stopping just before you hit the flesh.



Slow roast pork shoulder with sage, garlic and lemon

SERVES 8 WITH LEFTOVERS

TAKES 20 MIN TO MAKE,

UP TO 6 HOURS 20 MIN TO COOK,
PLUS RESTING

- 6 garlic cloves, finely chopped
- Small bunch fresh sage leaves, finely chopped
- Zest 1 lemon
- 3 tbsp olive oil
- 4kg British free-range pork shoulder, chine bone in, shoulder blade removed, skin scored (ask your butcher to do all this)
- Around 500ml dry white wine
- Sea salt flakes for sprinkling

1. Heat the oven to 200°C/fan180°C/gas 6. Mix the garlic, sage, zest and oil in a bowl. Season. Snip any string from

the pork. Lift the flap where the shoulder blade would have been, then spread the garlic marinade all over the meat. Tie up the pork with kitchen string so it keeps its shape.

2. Line a roasting tin with a double layer of foil, then sit the pork on top, skin-side up. Pull the foil up around the pork to form a smaller tray. Pour the wine into the foil tray, to about 3cm up the side of the meat. Pat the skin dry with kitchen paper, then sprinkle over sea salt and rub it into the skin. Roast for 25 minutes.

3. Turn the oven down to 130°C/fan110°C/gas 3/4, then cook for 5-5½ hours until a digital probe thermometer pushed into the middle of the pork reads 65°C.

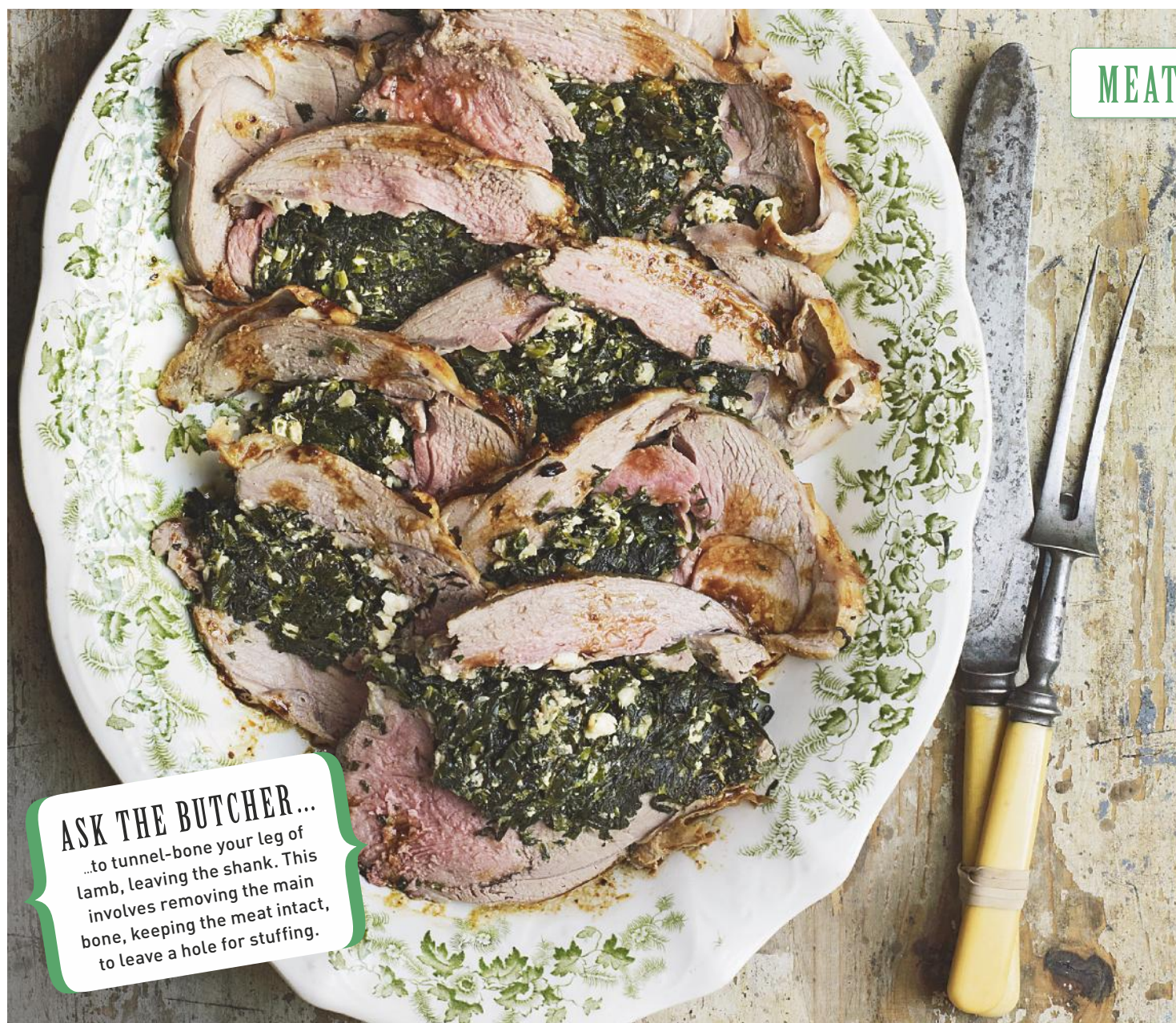
Check it now and again – the joint will shrink, so push the foil in closer.

4. When ready, remove the roasting tin

from the oven and turn the temperature up as high as it will go. Holding the joint, carefully pour the juices from the foil into a jug and set aside. Close the foil up tightly around the pork so only the skin is exposed, then put the roasting tin back in the top of the oven for 20-25 minutes (check it's not burning) until the skin is crisp, golden and slightly bubbled. 5. Put the pork on a board to rest for 20 minutes. Meanwhile, skim almost all the fat from the reserved juices (chill it to use for your roasties or freeze for up to 3 months). Simmer the juices in a pan until reduced by a third. Season to taste. Carve the pork, then pour over the juices to serve.

PER SERVING (FOR 8) 537kcal, 20g fat (5.9g saturated), 78.4g protein, 1g carbs (0.4g sugars), 0.7g salt, 0.1g fibre





ASK THE BUTCHER...
 ...to tunnel-bone your leg of lamb, leaving the shank. This involves removing the main bone, keeping the meat intact, to leave a hole for stuffing.

Roast leg of lamb with wild garlic, feta and mint stuffing

SERVES 8

TAKES 45 MIN TO MAKE,

1 HOUR 10-30 MIN TO COOK

- 2-2.5kg leg of British lamb, tunnel-boned, shank left in place (see tip)
- 25g butter
- 4 garlic cloves (plus 2 extra cloves if using spinach), crushed, plus 1 whole clove
- 1 tsp fennel seeds, lightly crushed
- 1 bunch spring onions, thinly sliced
- 500g wild garlic leaves (or 500g mature spinach leaves), thick stalks removed
- 1 tsp dried oregano
- 4 tbsp chopped fresh mint
- 200g feta, crumbled
- 1 tbsp olive oil, plus extra
- 200ml good quality chicken stock

1. Heat the oven to 230°C/fan210°C/gas 8. Weigh the boned lamb leg and calculate the cooking time, allowing 18 minutes per 500g. This is for lamb that's still slightly pink in the centre.

2. Melt the butter in a large pan over a low heat, add the crushed garlic and fennel seeds, then leave to sizzle for a few seconds. Add the spring onions, then cook for 2 minutes or until soft.

3. Meanwhile, finely slice the wild garlic or spinach leaves. Add them to the pan over a medium heat, a handful at a time, wilting before adding the next. When it is all wilted, cook for 1 minute, then tip into a colander, pressing out any excess liquid. Tip into a bowl, season and leave to cool. Stir in the dried oregano, chopped mint, feta and olive oil.

4. Stuff the lamb with the wild garlic and feta mix, then secure with 4 tiny

skewers (or cocktail sticks) and string. With a sharp knife, make little slits all over. Cut the remaining garlic clove into shards and poke 1-2 into each slit. Rub all over with olive oil and season well.

5. Put the meat, joint-side down, in a roasting tin. Roast for 20 minutes, then turn the temperature to 200°C/fan180°C/gas 6 for the rest of the cooking time.

6. Remove the lamb to a board, cover loosely with foil and leave to rest for 15 minutes. Drain the excess fat from the roasting tin, then put the tin over a medium heat and add the chicken stock. Simmer, scraping up caramelised bits from the tin, until reduced and well flavoured. Season if necessary. Carve the lamb and serve with the pan juices.

PER SERVING 475kcal, 28.7g fat (13.1g saturated), 51.2g protein, 3.2g carbs (2.1g sugars), 1.6g salt, 2.1g fibre

Roast pork loin with smoked ham and gruyère stuffing

SERVES 8

TAKES 20 MINUTES TO MAKE,

3½ HOURS TO COOK

- 2.5kg boned, unrolled loin of British free-range pork
- Bones from the pork joint, if possible (see tip)
- Olive oil, for rubbing and greasing
- 30g butter
- 1 large onion, finely sliced
- 2 carrots, sliced
- 200ml dry white wine
- 2 tbsp plain flour
- 600ml good quality fresh chicken stock
- 4 fresh bay leaves
- 2 fresh lemon thyme sprigs

FOR THE STUFFING

- 50g butter
- 1 medium onion, finely chopped
- 1 large celery stick, finely chopped
- 200g leek, thinly sliced
- 100g gruyère, coarsely grated
- 100g cooked smoked ham, diced
- 175g day-old white breadcrumbs
- 2 tbsp chopped fresh lemon thyme leaves
- 4 tbsp chopped fresh curly parsley
- 1 medium free-range egg, beaten
- 2 tsp dijon mustard

FOR THE CARAWAY CABBAGE

- 1 large (about 1.5kg) green cabbage
- 40g butter
- 3 small garlic cloves, crushed
- 1½ tsp caraway seeds
- 1½ tsp salt

1. Heat the oven to 220°C/fan200°C/gas 7. Lay the pork skin-side up on a chopping board and score the skin horizontally with lines about 1cm apart along the whole joint, taking care not to cut too deeply and down into the meat. Turn the joint over and season with salt and pepper.

2. For the stuffing, melt the 50g butter in a medium-size pan, add the onion

and celery, cover and cook gently for 4 minutes. Uncover, add the leek, re-cover and cook for 2 minutes until all the vegetables are just soft but not browned. Tip into a mixing bowl and leave to cool. Stir in the gruyère, ham, breadcrumbs and herbs. Mix in the egg and the mustard, then stir and season.

3. Lay the pork skin-side down on a board. Cut under the eye of the loin (the main part of the meat) to loosen it a little and create space for the stuffing (or ask your butcher to do this). Spread one third of the stuffing mixture into the pocket and over the central part of the meat, then roll up and tie at 2.5cm intervals along its length to form a neat joint. Rub the pork skin with a little oil and sprinkle with salt. Shape the rest of the stuffing into walnut-size balls and put into a lightly oiled baking dish in a single layer.

4. If you have the bones (see tip) arrange them in the centre of a lightly oiled roasting tin so they curve upwards in the middle, then put the joint on top. If not, put the joint straight into the roasting tin. Transfer to the oven and roast for 1 hour, then lower the temperature to 180°C/fan160°C/gas 4 and roast for another 1½ hours. It's cooked when the juices from the pork run clear when pierced with a skewer.

5. While the pork cooks, start the gravy. Melt the 30g butter in a large pan, add the onion and carrots, then fry until golden and set aside.

6. For the cabbage, remove and discard the tough outer leaves, cut the rest into quarters, cut out and discard the core, then slice the leaves into 3cm wide strips. Separate the strips into layers and set aside.

7. When the pork is cooked, lift it onto a lipped board and leave to rest for 20-30 minutes. Increase the oven temperature to 220°C/fan200°C/gas 7. Put the stuffing balls on the top shelf of the oven and roast for 25 minutes until crisp and golden.

8. Remove the bones from the tin, if using, and cut them into separate ribs – these make a great pre-dinner snack. Drain off the excess fat from the roasting tin, put the tin over a medium heat, add the white wine and scrape the base of the tin with a wooden spoon to release all the caramelised juices. Return the pan of onion and carrots to the heat and, when sizzling, stir in the flour. Gradually stir in the liquid from the roasting tin, followed by the stock, herbs and bones. Simmer for 15 minutes, then strain through a sieve into a clean pan, season to taste with salt and freshly ground black pepper, and keep hot.

9. For the cabbage, melt the 40g butter in a large pan, then add the garlic and caraway seeds. When they sizzle, add the cabbage leaves, 6 tbsp water, the salt and some freshly ground black pepper. Cover and cook over a medium heat for 5-6 minutes, stirring every now and then, or until the cabbage has wilted and is just tender.

10. To carve the pork, snip and remove the pieces of string, then slide a carving knife under the crackling and remove it in one piece. Cut across into smaller pieces. Carve the pork into slices and serve with the tender cabbage and stuffing with gravy poured over.

PER SERVING 800kcal, 32.8g fat (15.6g saturated), 83.3g protein, 34.7g carbs (14.6g sugars), 2.9g salt, 8.9g fibre

BUY THE BEST

Buy your pork from a good butcher. That way you can ask him or her to bone your joint. Keep the bones to roast – they add flavour to the gravy.

MEAT





CRACKLING TIP

For really good crackling, chill the uncovered stuffed pork joint in the fridge overnight to help dry the skin out.

Pork loin with apricot, sherry and hazelnut stuffing

SERVES 8-10

TAKES 25 MIN TO MAKE,

2 HOURS TO COOK, PLUS RESTING

- 85g dried apricots, finely sliced
- 75ml palo cortado or oloroso sherry
- 1 garlic clove, crushed
- 1 red chilli, deseeded and chopped
- 50g shelled hazelnuts, toasted and chopped
- 50g crustless sourdough bread, whizzed into breadcrumbs
- 12-15 fresh sage leaves, finely sliced
- Handful fresh parsley, finely chopped
- 2kg British free-range skin-on pork loin, scored for crackling (see tip)

1. Put the apricots in a saucepan with the sherry and heat to steaming. Take the saucepan off the heat and set aside

to cool for a few minutes.

2. Heat the oven to 220°C/fan200°C/gas 7. Strain the apricots, reserving the sherry, then transfer the apricots to a medium bowl and mix with the garlic, chilli, hazelnuts, sourdough crumbs and herbs. Season well, then pour in enough of the reserved sherry to make the stuffing sticky (we used it all, but it depends on the bread). Taste and season, then leave to cool.

3. Remove any string from the pork loin and lift off the skin (it should come away in one piece). Season the meat all over, then cover the top with the stuffing, packing it down tightly. Put the skin on top and tie up again tightly with string. Rub plenty of salt into the skin, then transfer to a shallow roasting tin.

4. Roast for 25 minutes, then turn the

oven down to 180°C/fan160°C/gas 4 and cook for 1-1¼ hours or until the meat is 60-65°C in the centre when you push in a digital probe thermometer. Any exposed stuffing will blacken, but if it's burning badly at the ends, press a double piece of foil onto each end to protect it.

5. At the end of the cooking time, turn the oven up as high as it will go to get the skin golden and crisp. Remove the pork and leave to rest on a lipped carving board for 20 minutes.

6. To serve, carefully cut through the crackling along the score lines with kitchen scissors, then use the slits as a guide to slice down through the meat.

PER SERVING (FOR 10) 439kcal, 26.2g fat (8.6g saturated), 42.7g protein, 6.4g carbs (4g sugars), 0.4g salt, 1.5g fibre



Slow-cooked lamb shoulder with chilli and rosemary

SERVES 8

**TAKES 15 MIN TO MAKE,
3½-4¼ HOURS TO COOK, PLUS
RESTING**

- 2-2.5kg British lamb shoulder
- 3 fresh rosemary sprigs, plus extra to garnish
- 2 tbsp olive oil
- 250ml dry white wine
- 1 garlic bulb, divided into cloves, unpeeled
- 4-5 tbsp chilli jam (we like Tricklelements Red Pepper & Chilli Jelly, available from larger supermarkets)

1. Heat the oven to 160°C/fan140°C/gas 3. Put the lamb in a roasting tin. Make incisions all over the meat, then pull off

and insert small sprigs of rosemary into them. Scatter the remaining rosemary around the lamb.

2. Drizzle the lamb with olive oil and season with plenty of sea salt and black pepper. Pour the wine around the lamb and cover the tin with a large sheet of foil. Roast for 3 hours. Remove from the oven, lift the foil and scatter the garlic cloves around the lamb. Seal the foil over again, return to the oven and cook for a further ½ hour.

3. Take the lamb out of the oven, remove the foil, then pour off the juices into a bowl. Spread the lamb all over with the chilli jam, then return to the oven for a further 30-40 minutes until tender and sticky. Remove the lamb and the garlic to a warmed serving platter to rest for 20 minutes.

4. Meanwhile, skim the fat from the reserved meat juices, then pour into a pan. Bubble over a medium heat until thickened. Garnish the lamb with extra rosemary sprigs and serve with the garlic and the gravy.

PER SERVING 631kcal, 36.4g fat (12.6g saturated), 62.4g protein, 5.3g carbs (0.8g sugars), 1.3g salt, 0.9g fibre

Pork with brandy, prune and pecan stuffing

SERVES 8

TAKES 45 MIN TO MAKE,

1 HOUR 50 MIN TO COOK

- 1.2-1.5kg boneless British free-range pork leg, skin scored in 1cm intervals
- 8-10 medium (about 1.5kg) king edward or maris piper potatoes, chopped into large chunks
- 6 fresh thyme sprigs
- 6-8 large or banana shallots, peeled and sliced in half lengthways

FOR THE STUFFING

- Knob of unsalted butter
- 1 red onion, finely chopped
- 2 garlic cloves, sliced
- 1 celery stick, finely chopped
- 3 fresh rosemary sprigs, leaves picked and finely chopped
- 3 tbsp brandy
- 50g pecans, finely chopped
- 8 plump, pitted prunes, finely chopped
- 250g ciabatta bread, whizzed into crumbs
- 1 medium free-range egg, beaten

1. Heat the oven to 220°C/fan200°C/gas 7. For the stuffing, melt the butter in a large frying pan, then add the onion, garlic, celery and rosemary. Fry over a medium heat for 8-10 minutes, stirring every now and then, until the onion is translucent. Stir in the brandy and bubble for 3-4 minutes until the liquid has reduced by half, then transfer to a large bowl. Stir through the chopped pecans, prunes and breadcrumbs. Season well. Add the beaten egg and combine until it all comes together.

2. Open out the pork leg. Spread half the stuffing over it and roll the rest into balls. Roll up the pork and tie with

string. Dry the skin with kitchen paper (for better crackling), and sprinkle with plenty of salt. Put in a large roasting tin and roast for 20 minutes.

3. Turn the oven down to 180°C/fan160°C/gas 4. After a further 20 minutes, add the potatoes, thyme and shallots to the roasting tin. Baste the veg in any pan juices, then roast for another 20 minutes. Check the pork: a digital probe thermometer pushed into the centre should read around 65°C (or a metal skewer pushed in should feel hot rather than warm when pressed on the back of your wrist). If it's not ready, roast for 10-15 minutes more. When the pork reaches 65°C, turn the oven back up to 220°C/fan200°C/gas 7.

4. Add the stuffing balls to the tin and roast for a further 20 minutes or until the pork skin crackles. Once this happens, remove the pork from the oven, turn the oven back down to 180°C/fan160°C/gas 4 and continue to cook the veg for 10-15 minutes while the pork rests. Carve the joint and serve with the roasted veg and the stuffing balls.

PER SERVING 524kcal, 14.3g fat (3.6g saturated), 42.8g protein, 53.7g carbs (6.3g sugars), 0.8g salt, 6.1g fibre

GET AHEAD

The stuffing can be made up to 3 days in advance and kept in the fridge, covered. It also freezes well for up to 3 months.





ROASTING FISH

If your salmon is a whopper and you don't have a large enough roasting tin, remove the head first.

Rosemary roast salmon and new potatoes

SERVES 8-10

TAKES 25 MIN TO MAKE,

40-45 MIN TO COOK

- 2.5kg sustainable whole salmon, scaled and gutted
- 2 bunches spring onions, trimmed
- 1kg small new potatoes, halved
- Good glug olive oil, plus extra for drizzling
- 2 unwaxed lemons, 1 sliced thinly
- Bunch fresh flatleaf parsley
- 4-5 fresh rosemary sprigs, leaves removed

1. Heat the oven to 220°C/fan200°C/gas 7. Dry the fish with kitchen paper, making sure all the scales have been

removed. Make 3-4 evenly spaced slashes on each side of the fish.

2. Find a roasting tin large enough to hold the whole salmon (see tip or place it diagonally). Put the spring onions and new potatoes in the tin, drizzle with olive oil and season well, then toss to coat.

3. Finely grate the zest of the whole lemon into a bowl (reserve the lemon). Finely chop half the herbs and add to the bowl with enough olive oil to make a paste. Spread all over the salmon and into the slashes. Stuff the cavity with the remaining herbs and lemon slices. Season well, then put on top of the veg.

4. Roast for 15 minutes, then turn the oven down to 180°C/fan160°C/gas 4 and roast for another 25-30 minutes.

5. To check the fish is cooked, make a small cut along the backbone at the head end. If the flesh comes away easily from the bones, and the tip of the knife (after being held between bones and flesh for 10 seconds) is warm to touch, it's cooked. Squeeze over the juice from the reserved lemon and serve the fish whole, with the veg. At the table, peel off the skin and ease the flesh off the bones in big pieces. Once you've served the top side, lift up the tail and, using a knife, prise the flesh away, discarding the bones. Serve the rest of the fish.

PER SERVING (FOR 10) 550kcal, 30.1g fat (5.2g saturated), 52.6g protein, 17.3g carbs (3.1g sugars), 0.3g salt, 2.1g fibre

Lemon-roast fish with garlic, tomatoes and potatoes

SERVES 4

TAKES 15 MINUTES TO MAKE,
35 MINUTES TO COOK

- 450g waxy potatoes
- 1 tbsp olive oil, plus extra for drizzling
- 30g unsalted butter
- 2 red onions, cut into wedges
- 2 garlic cloves, sliced
- 4 tomatoes, sliced
- 1 tbsp chopped fresh flatleaf parsley

- 2 fresh tarragon sprigs, leaves picked
- 4 x 150g fillets skinless sustainable white fish, such as haddock or pollock
- Juice 1 lemon, plus 4 slices

1. Heat the oven to 180°C/fan160°C/gas 4. Thinly slice the potatoes and layer in a roasting tin. Drizzle with oil, dot with the butter and season with salt and pepper. Roast for 25 minutes.

2. Meanwhile, heat 1 tbsp olive oil in a pan over a low heat and fry the

onions for 5 minutes. Add the garlic and cook for a further 2 minutes. Pile onto the roasted potatoes, then top with the sliced tomatoes, parsley, tarragon and, lastly, the fish fillets. Drizzle with olive oil and add the lemon juice. Season well, top with lemon slices and bake for 10-12 minutes until the fish is cooked through.

PER SERVING 322kcal, 10.2g fat (3g saturated), 32.4g protein, 25.8g carbs (6.6g sugars), 0.3g salt, 4.6g fibre





Roast fish with bean and herb salad

SERVES 4. READY IN 20 MINUTES

- 3 tbsp extra-virgin olive oil
- 70g cubed pancetta
- 4 x 150g thick skin-on sustainable white fish fillets, such as haddock, hake or cod
- 500g cherry tomatoes on the vine
- 1 garlic clove, crushed
- 2 shallots, sliced
- 2 tbsp capers, chopped
- 1 long red chilli, deseeded and finely chopped
- 2 x 400g tins cannellini beans, drained and rinsed
- Large bunch flatleaf parsley, chopped
- Grated zest and juice 1 unwaxed lemon
- Roast potatoes to serve

1. Heat the oven to 180°C/fan160°C/
gas 4. Heat 2 tbsp of the oil in a roasting

tin over a high heat and fry the pancetta for 1 minute until just starting to brown. Add the fish, skin-side down, and fry for 2 minutes until the skin is golden. Add the tomatoes and toss to coat in the oil. Remove from the hob, season with pepper, then roast for 10 minutes.

2. Meanwhile, heat the remaining oil in a frying pan over a medium heat and fry the garlic and shallots for a few minutes. Add the capers and chilli, then cook for a further minute. Add the beans, warm through, then toss with the parsley, lemon zest and juice, and a pinch of salt. 3. Divide the fish among plates and spoon over the pancetta, tomatoes and pan juices. Serve with the bean salad and roast potatoes.

PER SERVING 429kcal, 16.4g fat (3.6g saturated), 42.6g protein, 25.9g carbs, (4.8g sugars), 0.9g salt, 11.6g fibre

PREP AHEAD

Make and stuff the onions the day before, then cover with cling film and keep chilled until ready to finish cooking as in step 4.



Roast sherry onions with nutty sourdough stuffing [v]

SERVES 2

TAKES 30 MINUTES TO MAKE,
1 HOUR 10 MIN TO COOK

- 4 large onions
- 320ml dry sherry, such as fino
- 200ml vegetable stock, hot

FOR THE STUFFING

- 75g unsalted butter, plus extra to dot
- 60g crustless sourdough bread, whizzed into crumbs
- 120g mixed unsalted nuts (we used almonds, hazelnuts and macadamias), pulsed briefly in a food processor
- 5-6 fresh thyme sprigs, leaves picked
- 2 fat garlic cloves, finely chopped
- 100ml dry sherry
- 2 large free-range egg yolks
- Salad leaves to serve

1. Heat the oven to 170°C/fan150°C/gas 3½. To hollow out the onions, slice off the tops and cut 1-2cm off the bases, depending on the size. Push the middles of the onions up from the base so they slide out of the top (or use a small knife to cut out the centres). Next, use your fingers to work out a few more onion layers, leaving 2-3 outer layers as a shell. Set all the middle layers aside.

2. Put the onion shells upright in a roasting tin, then pour in 170ml of the sherry and all the stock. Cover the tin tightly with foil, then roast for 30 minutes, turning the onions halfway through.

3. Meanwhile make the stuffing. Whizz the reserved onion in a food processor until very finely chopped (but not a paste). Melt half the butter in a frying pan, then fry the chopped onion for 7-8 minutes until lightly golden. Season, then set

aside. Melt the remaining butter in the pan, then add the breadcrumbs, chopped nuts and thyme leaves. Season well and fry until golden. Return the chopped onions to the pan with the garlic and 100ml sherry, then bubble over a high heat until all the liquid evaporates. Take off the heat and allow to cool slightly, then stir through the egg yolks.

4. Remove the onions from the oven and pour away the liquid. Fill the shells with the stuffing, packing it firmly. Put them back in the roasting tin, dot with butter, then pour in the remaining sherry. Bake for 40 minutes, basting with the pan juices. Serve with salad leaves.

PER SERVING 809kcal, 45.5g fat (17.3g saturated), 18.1g protein, 37.7g carbs (21g sugars), 1g salt, 6.3g fibre



EASY SUPPER

This unusual recipe of blue cheese risotto served in a small squash makes a flavour-rich veggie meal that virtually cooks itself.

Roast onion squash stuffed with blue cheese risotto [v]

SERVES 2

TAKES 15 MIN TO MAKE,

1 HOUR 5 MIN TO COOK

- 2 small squash, such as onion squash (about 500g each)
- 1 small onion, finely chopped
- Good knob of butter
- 1 tbsp olive oil
- 100g risotto rice
- 50ml dry white wine
- 250ml vegetable stock, hot
- 50g baby spinach
- 8-10 fresh sage leaves, chopped, plus extra whole leaves fried in butter to serve
- 50g blue cheese, such as gorgonzola or stilton (or vegetarian alternative)

1. Heat the oven to 180°C/fan160°C/gas 4. Slice the tops off the squash and set aside. Scoop out the seeds and discard, then place the squash on a baking sheet (slice a bit off the bottoms if they sit unevenly).

2. In a pan, gently fry the onion in the butter and oil for 5 minutes until translucent, then add the risotto rice and stir to coat in the buttery onion.

3. Pour in the wine and bubble, stirring, until absorbed. Pour in the stock, then add the baby spinach, stirring until it starts to wilt. Season well, then stir in the chopped sage. Divide the risotto mixture evenly between the squash. Replace the squash tops to form lids and bake in the oven for 45-50 minutes until

the risotto is cooked and the squash is tender when pierced with a knife. Check regularly while the squash are cooking and if they look as though they are browning too much, cover them with foil for the remainder of the cooking time.

4. Remove the squash from the oven, take off the lids and crumble the blue cheese over the risotto. Pop the lids back on and put back in the oven for another 5 minutes to melt the cheese. Remove from the oven, stir the melted cheese into the risotto and serve a whole squash each, garnished with a few fried sage leaves.

PER SERVING 507kcal, 19.6g fat (9.3g saturated), 14.6g protein, 60.5g carbs (13.3g sugars), 0.7g salt, 6.7g fibre

Roast cauliflower with cheddar and spring onion sauce [v]

SERVES 6

TAKES 20 MIN TO MAKE,
40 MIN TO COOK, PLUS DRYING

- 1 large cauliflower, trimmed
- 300ml dry white wine
- 2 fresh bay leaves
- 1 tbsp black peppercorns
- Garlic bulb, halved horizontally
- 1 free-range egg, lightly beaten and seasoned well
- Parmesan for grating (or vegetarian alternative)

FOR THE SAUCE

- Olive oil for frying
- 1 banana shallot, very finely chopped
- 50ml dry white wine
- 300g vintage or extra-mature vegetarian cheddar, grated
- 125ml whipping cream

- 2 spring onions, finely sliced
- 1 green chilli, deseeded and finely chopped

1. Heat the oven to 220°C/fan200°C/gas 7. Put the whole cauliflower in a large saucepan with the 300ml wine, bay leaves, peppercorns and garlic halves. Pour over boiling water from the kettle to just cover the cauliflower – don't worry if it floats – and simmer on the hob for 20 minutes, turning halfway through. Carefully lift the cauliflower out of the poaching liquid into a colander and leave for 10 minutes to dry off.

2. Put the cauliflower in a roasting tin, brush all over with the egg, then grate over a generous amount of parmesan so the cheese covers the top and sides. Roast in the top third of the oven for 15-20 minutes until golden.

3. Meanwhile, make the sauce. Heat

a splash of olive oil in a heavy-based saucepan, add the shallot and cook for 5-6 minutes until translucent and soft. Add the 50ml wine and bubble until evaporated by two thirds. Turn the heat down to its lowest setting, then add the cheese and cream. Stir constantly until the cheese melts to a smooth sauce. Stir through the spring onions and chilli, season, then pour into a warmed jug. Put a piece of cling film directly onto the surface of the sauce and keep somewhere warm.

4. When the cauliflower is roasted, remove from the oven and transfer to a serving platter. Take it to the table, then pour over two thirds of the sauce before carving. Serve the remaining sauce on the side for pouring over.

PER SERVING 437kcal, 32.3g fat (18.5g saturated), 22.1g protein, 5.9g carbs (4g sugars), 1.2g salt, 3g fibre



RECIPE COLLECTION

One pots

Is there a greater hero for the busy midweek cook than a good, satisfying one-pan supper? The ideas here will give you a wonderful repertoire to work with, and many of them would make a great main course for a relaxed dinner party or weekend lunch. You might need the odd extra pan, but the hands-on time is usually minimal – assemble the recipe, then leave the pot bubbling away on the hob or in the oven. You'll know when it's ready, thanks to those enticing aromas...

Chicken, tomato and aubergine tray bake

SERVES 4

TAKES 10 MIN TO MAKE,
50 MIN TO COOK

- 8 free-range chicken thighs
- 1 garlic bulb, cloves separated
- 500g new potatoes, halved if large
- 2-3 thick sourdough bread slices, torn into chunks
- 300g cherry tomatoes on the vine
- 1 aubergine, chopped into chunks
- Handful fresh sage leaves
- 4 tbsp olive oil
- Good splash (50-100ml) hot chicken stock

1. Heat the oven to 220°C/fan 200°C/gas 7. Put all the ingredients except the stock in a large roasting tin. Season and toss well to coat. Make sure the chicken pieces sit on top of the veg so they can brown and crisp. Roast for 20 minutes.
2. After 20 minutes, turn the oven down to 180°C/fan 160°C/gas 4 and drizzle in the hot stock. Roast for 30 minutes more until the chicken is golden and the vegetables are tender.

PER SERVING 468kcal, 19.7g fat (4.1g saturated), 37.9g protein, 33.4g carbs (5.3g sugars), 0.7g salt, 5.1g fibre

A top-down view of a rustic, white ceramic baking tray filled with a roasted chicken dish. Several large, golden-brown chicken thighs are the centerpiece, surrounded by halved baby potatoes, cherry tomatoes on the vine, and whole garlic cloves. Fresh green herbs, including sage and basil, are scattered throughout. A silver spoon rests in the bottom left of the tray, which contains some of the roasted juices. The entire dish is set against a light blue background.

POULTRY

NEXT TIME TRY...

This dish would also work well with chunks of sweet potato in place of the new potatoes. Throw in fresh rosemary sprigs too.



Louisiana jambalaya

SERVES 4
TAKES 20 MIN TO MAKE,
40 MIN TO COOK

- 1 tbsp olive oil
- 4 free-range chicken thighs
- 3 celery sticks, finely chopped
- 1 large onion, finely chopped
- 2 green peppers, chopped
- 3 garlic cloves, crushed
- 1 tbsp dried oregano
- 1 tsp cayenne pepper
- 1½ tbsp paprika (not smoked)
- 2 bay leaves
- 400g tin plum tomatoes
- 1 tsp caster sugar
- 300g good-quality smoked sausages (we used Montbéliard sausages from Reflets de France, from [ocado.com](https://www.ocado.com)), sliced
- 300g long grain rice, rinsed
- 3 fresh thyme sprigs

- 500ml good-quality chicken stock, hot
- 200g sustainable raw king prawns, de-veined
- Juice 1 lemon
- 4 spring onions, finely sliced

1. Put a sauté pan over a medium heat and add the oil. Season the chicken thighs on both sides, then place them skin-side down in the pan. Cook for 7-8 minutes until the skin is golden, then turn over and cook for another 3-4 minutes. Remove from the pan with a slotted spoon and set aside.

2. Add the celery, onion and peppers to the pan and cook over a medium heat for 5 minutes until softened and golden. Add the garlic, oregano, cayenne and paprika, then cook for 2-3 minutes more. Add the bay leaves, plum tomatoes, sugar and sliced sausage,

then cook for 2 minutes more until well combined. Add the rice, thyme and stock, then return the chicken to the pan skin-side up, pushed into the rice. Season and bring to a gentle simmer. Cover the pan with a lid and bubble gently for 20-25 minutes, stirring occasionally, until the rice is almost cooked.

3. About 5 minutes before the end of the cooking time, remove the chicken from the pan and shred with a couple of forks (discard the skin if you want). Return the chicken meat to the pan with the king prawns and cook for another 3-4 minutes until the prawns have turned pink. Squeeze in the lemon juice to taste, scatter with spring onions, check the seasoning and serve immediately.

PER SERVING 474kcal, 13.3g fat (1.4g saturated), 30.8g protein, 49.9g carbs (7.4g sugars), 1.1g salt, 2.8g fibre

GOOD ALL-ROUNDER

We've used chicken thighs here as they're cheaper and less likely to dry out than breasts.

Chicken with lemon, garlic, herbs and potatoes

SERVES 4

**TAKES 20 MIN TO MAKE,
30-40 MIN TO COOK**

- 300g waxy potatoes, such as charlotte
- 1 garlic bulb
- 1 large lemon
- 2 fresh oregano sprigs
- 2 fresh thyme sprigs
- 20 pitted kalamata olives
- 100ml dry white wine
- 8 free-range chicken thighs
- Olive oil for drizzling
- Small bunch fresh parsley to serve

1. Heat the oven to 200°C/fan180°C/gas 6. Chop the potatoes into chunks. Slice the garlic bulb horizontally. Slice the lemon and toss with the potatoes, oregano and thyme, garlic, olives and wine in a roasting tin large enough to fit everything in.

2. Heat a pan over a medium heat. Rub the chicken thighs with olive oil, season and fry, skin-side down, for 8-10 minutes until golden. Quickly brown on the other side, then transfer to the roasting tin. Drizzle with more olive oil.

3. Roast for 30-40 minutes or until the

thighs are cooked (the juices will run clear when the thickest part of each thigh is pierced with a skewer). Remove from the oven and rest for 5 minutes, covered with foil. Chop the parsley, then toss through to serve.

PER SERVING 376kcal, 18.1g fat (4.1g saturated), 35.1g protein, 14g carbs (1.5g sugars), 0.8g salt, 2.4g fibre

Chicken and pearl barley broth

SERVES 8

TAKES 30 MIN TO MAKE,
1 HOUR 25-30 MIN TO COOK

- 2 onions, sliced
- 2 large carrots, chopped
- 1 large leek, sliced
- Knob of butter
- 1.6kg free-range chicken
- 200g pearl barley
- 2 large handfuls frozen peas
- Crusty bread to serve (optional)

1. Put the onions, carrots, leek and butter in a large, heavy-based lidded pan and cook gently for 15 minutes, stirring occasionally, until the carrots and leek are soft but not coloured and the onions are translucent.

2. Season the chicken and add to the pan, pour in 2 litres cold water to almost cover, then heat to a gentle simmer. Cover and cook for 1 hour, skimming off any scum that forms on the surface.

3. Remove the chicken from the pan and shred the meat from the carcass. Set the meat aside.

4. Add the pearl barley and the chicken carcass to the broth, cover and simmer for 20-25 minutes until the pearl barley is cooked but still has bite. Remove and discard the carcass, then add the chicken meat with any juices. Add the peas, taste and season. Cook for another 5 minutes, then serve in bowls with crusty bread if you like.

PER SERVING 280kcal, 4.5g fat (1.6g saturated), 34.4g protein, 25.9g carbs (4.1g sugars), 0.2g salt, 2.7g fibre

NEXT TIME TRY...

Add star anise, fresh ginger and chilli. Put in broken rice noodles, 2-3 minutes before the end, instead of the barley.





Rogan josh-braised chicken

SERVES 6

TAKES 15 MIN TO MAKE,
ABOUT 2½ HOURS TO COOK

- 5 tbsp olive oil
- 2 large onions, finely sliced
- 2 celery sticks, finely chopped
- 4 garlic cloves, sliced
- 2.5cm piece fresh ginger, grated
- ½ tsp ground turmeric
- ½ tsp chilli powder
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp ground coriander
- 2 tsp garam masala
- 2 x 400g tins chopped tomatoes

- 300ml chicken stock, hot
- 1.8kg free-range chicken
- Steamed rice to serve

1. Heat the oven to 160°C/fan140°C/gas 3. Heat 4 tbsp of the olive oil in a heavy-based casserole (large enough to fit the chicken) with a tight-fitting lid. Add the onion and celery and fry for 5 minutes until beginning to turn golden. Add the garlic and ginger; fry for a few minutes more.

2. Add the spices to the casserole and fry for a minute, then add the tomatoes and stock. Season well and put the chicken in the pot. Season, cover with the lid and cook in the oven for 1½ hours.

3. Remove the lid and brush the chicken skin with the remaining olive oil. Baste with the juices and return to the oven, uncovered, for 1 hour more until the chicken's skin is golden.

4. Carefully remove the chicken from the casserole, making sure to tip back in any juices from inside the cavity, and place on a warmed serving plate to rest, loosely covered in foil. Over a medium heat, bring the sauce to a simmer and cook for 10-15 minutes until thick and luscious. Serve the chicken with the sauce poured over and steamed rice.

PER SERVING 357kcal, 13.6g fat (2.3g saturated), 50.9g protein, 9.1g carbs (6.4g sugars), 0.8g salt, 2.4g fibre



Braised chicken legs with baby onions, lettuce and peas

SERVES 4

TAKES 10 MIN TO MAKE, 1 HOUR

10 MIN TO COOK

- 4 large free-range chicken legs
- 2 tbsp olive oil
- 2 large fresh thyme sprigs, leaves picked
- 2 fat garlic cloves, thinly sliced
- 300ml good-quality fresh chicken stock
- 50g butter
- 200g small shallots (about 8), or halved baby or pickling onions, peeled
- 4 little gem lettuce hearts
- 300g peas, freshly shelled or frozen
- ½ tsp caster sugar
- 1 tsp finely chopped fresh tarragon

1. Cut off and discard the knuckle end of each drumstick, then season the chicken legs all over. Heat the olive oil in a sauté pan or large deep frying pan over a medium-high heat. Add the chicken legs, skin-side down, and fry for about 6 minutes on each side until nicely golden. Add the thyme leaves, garlic and stock, bring to the boil, then partially cover with a lid and simmer for 45-50 minutes until the chicken legs are really tender.

2. About 10 minutes before the chicken legs are ready, melt half the butter in a medium pan. Add the shallots or onions, cover and cook gently over a medium heat, shaking the pan every now and then, for 8-10 minutes until tender and lightly browned.

3. Meanwhile, trim the bases from each lettuce heart and cut them lengthways into quarters.

4. Uncover the chicken and lift the legs onto a plate. Cover and keep hot. Skim the excess fat from the surface of the remaining liquid, then stir in the peas, sugar, tarragon and remaining butter. Season lightly and simmer for 5 minutes. Stir in the lettuce wedges and baby onions, return the chicken legs to the pan, cover and simmer for another 3 minutes until the peas and lettuce wedges are tender and the chicken has heated through. Serve immediately.

PER SERVING 386kcal, 22.1g fat (9.1g saturated), 31.4g protein, 12.3g carbs (4.6g sugars), 0.6g salt, 6.3g fibre

Spiced chicken pilaf with mint yogurt

SERVES 2

TAKES 10 MIN TO MAKE, 20 MIN TO COOK

- 1 tbsp olive oil, plus extra to drizzle
- 1 onion
- 2 garlic cloves
- 150g leftover roast chicken
- 2 tbsp baharat or similar Moroccan spice mix (see tip)
- 120g basmati rice
- 350ml chicken stock
- 3 spring onions
- Small handful fresh mint
- 200g Greek yogurt

1. Heat the oil in a large sauté pan. Slice the onion, then fry gently for 5 minutes, turning the heat up towards the end to colour lightly. Crush in the garlic and fry for 2 minutes.

2. Chop the chicken, then add to the pan with the baharat or spices and cook for 2-3 minutes. Add the rice and stock, then season. Simmer gently without stirring for 15 minutes or until the stock has been absorbed and the rice is

cooked but still has a little bite. Finely slice the spring onions, then stir through the rice and cook for 2 minutes.

3. Finely chop the mint, then stir through the yogurt. Divide the pilaf between 2 plates. Add a dollop of yogurt, drizzle it with oil, season, then serve.

PER SERVING 281kcal, 9.5g fat (3.4g saturated), 18.1g protein, 29.2g carbs (4.3g sugars), 0.4g salt, 2.1g fibre

COOK'S TIP

It's fine to vary the spicing according to what you have. Indian spices, smoked paprika or cumin all work well in this dish.





Slimmed-down cassoulet

SERVES 6

TAKES 30 MIN TO MAKE.

1 HOUR 20 MIN TO COOK

- 2 tbsp olive oil, plus extra to drizzle
- 4 extra-lean pork sausages, skins removed, chopped into 3cm pieces
- 4 boneless, skinless free-range chicken thighs, sliced (see tip)
- 1 large red onion, finely sliced
- 1 carrot, chopped
- 1 celery stick, chopped
- 4 large garlic cloves, chopped
- 300ml hot chicken stock
- 400g tin chopped tomatoes
- Few fresh thyme sprigs
- 2 x 400g tins haricot beans, drained and rinsed
- 2 tbsp each pumpkin seeds and toasted breadcrumbs to serve

1. Gently heat 2 tbsp olive oil in a large flameproof casserole, then fry the sausages for 5-7 minutes until golden. Add the chicken and fry for 5 minutes until lightly coloured, then transfer the meat to a plate and set aside.
2. Heat the oven to 200°C/fan180°C/gas 6. If needed, add a splash of oil to the casserole, then add the onion, carrot and celery. Cover and fry gently for 20 minutes, stirring occasionally, until the veg begin to caramelize.
3. Return the chicken to the casserole with the garlic, stock, tomatoes and thyme. Cover and transfer to the oven for 20 minutes.
4. Stir in the beans, then return to the oven, uncovered, for 40 minutes or until bubbling. Top with the pumpkin seeds and breadcrumbs to serve.

PER SERVING 299kcal, 8.9g fat (1.7g saturated), 25.5g protein, 26.6g carbs, (5.3g sugars), 0.8g salt, 9.7g fibre

NEXT TIME...

For a more traditional cassoulet, replace the chicken thighs with the same weight of skinless duck breast.



Sweet chilli chicken, peanut and noodle salad

SERVES 6

TAKES 15 MIN TO MAKE,
15 MIN TO COOK

- 300g rice noodles
- 1 tbsp groundnut oil
- 150g sugar snap peas
- 8 boneless, skinless free-range chicken thighs, cut into pieces
- 3 tbsp sweet chilli sauce
- 1 tbsp toasted sesame oil
- 2 tbsp soy sauce
- 2 limes
- 1 tbsp fish sauce
- 1 garlic clove, crushed
- 1 red chilli, deseeded and thinly sliced
- 6 spring onions, thinly sliced
- ½ cucumber, halved lengthways and thinly sliced
- 75g skinless peanuts, toasted in a dry pan for 8 minutes, then chopped
- Small bunch each of fresh mint and fresh coriander, leaves picked

1. Put the rice noodles in a large bowl and cover completely with boiling water, then leave for 15 minutes until tender, stirring occasionally to separate the noodles (or cook according to the pack instructions). Drain and rinse under cold running water.

2. Meanwhile, in a wok or frying pan, heat the groundnut oil until very hot, then fry the sugar snap peas for 2 minutes. Remove and set aside.

3. Season the chicken, add to the wok or pan and fry for 3 minutes until golden, draining off any fat. Add the sweet chilli

sauce and continue to fry until the chicken is cooked and the sauce is thickened and sticky.

4. In a large bowl, whisk the toasted sesame oil, soy sauce, juice from 1½ limes, the fish sauce, garlic and chilli to make a dressing. Add the noodles to the bowl with the sugar snap peas, spring onions, cucumber, peanuts and herbs, then toss to coat. Add to the wok or pan and stir through the sticky chicken. Set aside a third for lunch the next day (see tip) and serve the rest on a platter with the remaining ½ lime cut into wedges.

PER SERVING 431kcal, 12.4g fat (2.5g saturated), 28.3g protein, 46.6g carbs (7.3g sugars), 1.8g salt, 1.1g fibre



SIMPLE SWAP

You could replace the sausages in step 2 with chopped cooking chorizo (about 200g) if you'd like a spicy kick of paprika.

Chicken, sausage and squash stew

SERVES 6

TAKES 30 MIN TO MAKE, 45 MIN TO COOK

- 2 tbsp olive oil, plus an extra splash
- 6 banana shallots, halved lengthways
- 6 free-range pork sausages, each sliced into 3 pieces (see tip)
- 2 garlic cloves, crushed
- 25g butter
- 2 tbsp plain flour
- 250ml dry white wine
- 600ml good quality chicken stock, hot
- 4 boneless, skinless free-range chicken thighs, chopped
- 600g butternut (or other) squash, peeled and cut into large chunks

- 1 large fresh rosemary sprig
- Fresh flatleaf parsley, chopped, to serve
- Steamed rice or crusty bread to serve

1. Heat the 2 tbsp oil in a lidded heavy-based pan and gently fry the shallots, covered, for 10 minutes until golden and softened, lifting the lid occasionally to stir.

2. In a large frying pan, heat a little more oil over a high heat. Fry the sausages until well browned.

3. Meanwhile, add the garlic to the shallot pan with the butter and cook for 2 minutes. Stir in the flour and cook for 1 minute, then gradually stir in the wine

and stock, adding amounts alternately. Bring to the boil, then add the chicken, sausages, squash and rosemary.

4. Turn to a simmer, then cover with a lid and cook gently for 45 minutes until the chicken is cooked through.

5. Serve in bowls, topped with a good sprinkling of chopped fresh flatleaf parsley, alongside some steamed rice or crusty bread.

PER SERVING 376kcal, 20.2g fat (6.3g saturated), 23.9g protein, 13.9g carbs (6.8g sugars), salt 0.9g, 2.9g fibre

Thai red chicken curry

SERVES 4

TAKES 15 MIN TO MAKE,
35 MIN TO COOK

- 2 tbsp groundnut oil
- 2 shallots, finely sliced
- 2 garlic cloves, finely sliced
- 4 tbsp Thai red curry paste
- ½-1 tbsp fish sauce
- 1 tsp palm sugar
- 4-5 kaffir lime leaves
- 400ml coconut milk
- 6 baby aubergines or 1 large aubergine, cut into chunks

- 3 skinless free-range chicken breasts, sliced
- 150g green beans, halved
- Handful fresh Thai basil (from Asian shops) or fresh coriander, chopped
- Steamed or coconut rice and lime wedges to serve

1. Heat the oil in a wok or frying pan and fry the shallots for 5 minutes until softened. Add the garlic and fry for 30 seconds more.

2. Add the Thai red curry paste and fry for 1 minute, then add ½ tbsp fish sauce,

the palm sugar, lime leaves, coconut milk, 150-200ml water and the aubergines.

Bring to the boil, then reduce to a gentle simmer and cook for 5-10 minutes.

3. Add the chicken and cook for another 10 minutes. Add the beans and cook for a further 5 minutes until tender.

4. Remove from the heat, taste and add more fish sauce if needed, then stir in the herbs and serve with rice and lime wedges to squeeze over.

PER SERVING 388kcal, 24.5g fat (16.5g saturated), 33g protein, 9.6g carbs (4.4g sugars), 0.7g salt, 2.8g fibre



KNOW-HOW

To skin tomatoes, score their bases, then put into a pan of just-boiled water for 30 seconds. Cool, then peel off the skins.



Chicken with vinegar, brandy and crème fraîche sauce

SERVES 4. TAKES 40 MIN TO MAKE,
40 MIN TO COOK

- 50g unsalted butter
- 1.5kg free-range chicken joints (2 large breasts, wings attached, and 2 large legs)
- 6 large garlic cloves, unpeeled
- 6 tbsp Artisan Malt Vinegar, from artisanmaltvinegar.co.uk (or use regular malt vinegar with ½ tsp balsamic vinegar added)
- 2 tsp caster sugar
- 300ml dry white wine
- 2 tbsp brandy
- 1 tbsp Dijon mustard
- 150ml crème fraîche
- 3 vine-ripened tomatoes, skinned (see tip), deseeded and chopped
- 1 tbsp each chopped fresh tarragon and curly parsley

1. Put the butter in a pan over a low heat until just melted. Pour into a large, deep frying pan or sauté pan with a lid, discarding the milky liquid that will have settled at the bottom of the butter pan.

2. Cut the chicken legs in half through the joint and halve each part-boned breast. Season on both sides, then fry, skin-side down, in the butter over a medium heat until golden. Turn over and brown the other side. Add the garlic, cover, lower the heat and simmer for 20 minutes or until the chicken is cooked. Meanwhile, heat the oven to 110°C/fan90°C/gas ¼.

3. Lift the chicken onto a warmed serving plate, cover and keep warm in the oven. Pour any juices from the pan into a small bowl, leave to settle, then skim off and discard the fat.

4. Return the pan to the heat, add the

vinegar and sugar and bring to the boil, scraping up any bits with a spoon. Boil until reduced to about 2 tbsp, then add the wine and brandy and boil until reduced by half. Add any chicken cooking juices and boil until reduced to about 150ml. Press the sauce and soft garlic through a sieve into a clean pan and discard the garlic skins. Return the sauce to the frying or sauté pan, then stir in the mustard and crème fraîche. Simmer until thickened slightly.

5. Return the chicken to the pan, spoon over some sauce and reheat briefly. Stir in the chopped tomatoes and herbs, then adjust the seasoning and serve.

PER SERVING 652kcal, 34.1g fat (19.1g saturated), 64.2g protein, 5g carbs (4g sugars), 0.9g salt 1.5g fibre

Lamb kofte tagine

SERVES 4

TAKES 20 MIN TO MAKE,
30 MIN TO COOK

- ½ tsp cumin seeds
- ½ tsp fennel seeds
- 500g lean British lamb mince
- Olive oil for frying
- 2 x 400g tins chopped tomatoes
- 100ml red wine
- ½ tsp cinnamon
- ½ tsp paprika
- Natural yogurt, pomegranate seeds and fresh coriander leaves to serve

1. Crush the cumin and fennel seeds in a pestle and mortar. Season the lamb with salt and pepper, stir through the crushed seeds, then roll into 20 even-size balls (kofte).

2. Heat a splash of olive oil in a heavy-based frying pan over a medium heat. Fry the kofte for 4 minutes, turning occasionally, or until browned all over. Remove from the pan and drain on kitchen paper.

3. Pour in the chopped tomatoes with the red wine, cinnamon and paprika. Season lightly, then simmer for 20

minutes or until the sauce thickens, adding 150ml freshly boiled water after 10 minutes.

4. Return the kofte to the pan, coating with sauce, and cook for 5 minutes or until heated through. Serve in bowls with dollops of natural yogurt, pomegranate seeds and a few fresh coriander leaves to serve.

PER SERVING 291kcal, 18.3g fat (7.2g saturated), 24.8g protein, 3.1g carbs (2.8g sugars), 0.5g salt, 0.9g fibre





One-pot chilli with polenta cobbler

SERVES 4-6

**TAKES 20 MIN TO MAKE,
1 HOUR 30 MIN TO COOK**

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- 1 tsp ground cumin
- 1 tsp ground cinnamon
- 1 tsp dried chilli flakes
- 1 fresh green chilli, chopped
- 500g British beef mince
- 1 tbsp sun-dried tomato paste
- 400g tin chopped tomatoes
- 500ml beef stock, hot
- 180g tin kidney beans, drained and rinsed
- Bunch fresh coriander, chopped, plus extra to serve

FOR THE COBBLER TOPPING

- 100g quick-cook polenta
- 200g plain flour
- 1 tbsp baking powder
- ½ tsp salt
- 100g finely grated mature cheddar
- 1 medium free-range egg
- 200ml milk

1. Heat the oil in a flameproof casserole, add the onion and garlic, then cook over a low-medium heat, stirring, until the onion has softened and taken on some colour (about 5 minutes). Add the spices, dried chilli flakes and the fresh chilli. Cook, stirring, for 2 more minutes. Add the mince, season well, turn up the heat, then fry for 5 minutes to brown, breaking it up with a wooden spoon.

2. Stir in the tomato paste, then add the tomatoes and stock. Bring to the boil, then lower the heat, cover and simmer for 45 minutes. Remove the lid, skim off any fat, then stir through the kidney beans and coriander. Taste and season.

3. Heat the oven to 200°C/fan180°C/gas 6. To make the cobbler topping, mix the polenta, flour, baking powder, salt and cheese in a bowl. Whisk the egg into the milk, then stir it through the dry ingredients until combined. Dollop spoonfuls onto the chilli, around the edge of the casserole, about 3cm apart. Bake for 15 minutes, then serve.

PER SERVING (FOR 6) 566kcal, 29.5g fat (11.2g saturated), 34g protein, 46.2g carbs, (6.2g sugars), 2.1g salt, 5.4g fibre

Braised lamb shanks with red wine, tomato and vinegar

SERVES 4

**TAKES 45 MIN TO MAKE,
1 HOUR 45 MIN TO COOK**

- 4 British lamb shanks (about 400–450g each)
- 25g plain flour
- 4 tbsp olive oil
- 2 medium onions, finely chopped
- 4 fat garlic cloves, crushed
- 2 small fresh rosemary sprigs, leaves finely chopped
- Leaves from 2 large fresh thyme sprigs
- 4 fresh bay leaves
- 200ml apple balsamic vinegar (see tip)
- 1 tbsp caster sugar
- 300ml red wine
- 2 tbsp tomato purée
- 400g tin chopped tomatoes
- 1 litre lamb or chicken stock
- 2 celery sticks, finely chopped
- 225g carrots, finely chopped
- 10g unsalted butter, softened
- Chopped fresh parsley to garnish

1. Season the lamb shanks, then dust lightly with 5g of the flour. Heat half the oil in a deep, flameproof casserole in which the meat will fit snugly, add the shanks and brown on all sides. Lift out onto a plate.

2. Add the remaining oil, onions, garlic, herbs and bay leaves, then fry until the onion is lightly browned. Add the vinegar and sugar, then boil hard until reduced to a gloopy sauce. Stir in 10g of the remaining flour, add the wine and boil until reduced by about half. Stir in the tomato purée, chopped tomatoes and stock, then bring to the boil.

3. Return the lamb shanks to the pan and bring back to the boil. Reduce the heat to low, part-cover with a lid and simmer for 1 hour, turning the shanks halfway through.

4. Stir in the celery and carrots, then simmer, uncovered, for 30 minutes, turning occasionally, until the sauce has reduced slightly and the meat is tender.

5. Lift the shanks onto a plate using a slotted spoon. Cover. Take the sauce off the heat for 5 minutes, skim off any fat, then bring back to the boil and bubble for 10 minutes or until slightly reduced.

6. Mix the butter with the remaining 10g flour to make a paste. Bring the sauce back to a simmer, gradually whisk the paste a little at a time into the sauce, then cook for 5 minutes, stirring, or until thickened. Season to taste, return the shanks and simmer briefly until heated through. Serve garnished with parsley.

PER SERVING 765kcal, 38.4g fat (13.4g saturated), 70.7g protein, 19.5g carbs, 12.3g sugars, 0.8g salt, 5.1g fibre

SUBSTITUTE...

You can buy apple balsamic vinegar in Waitrose. Can't find it? Use 200ml malt vinegar, plus 2 tsp balsamic vinegar.





Pork and sage bake with feta

SERVES 4

**TAKES 10 MIN TO MAKE,
30-35 MIN TO COOK**

- 2 tbsp rapeseed oil
- 1 British free-range pork fillet (about 400g), cut into medallions
- 200g cooking chorizo, sliced
- 200g new potatoes, sliced
- 1 large red onion, cut into thin wedges
- 1 lemon, cut into wedges
- 10-12 fresh sage leaves
- 150g feta, thinly sliced
- Handful fresh flatleaf parsley, finely chopped

1. Heat the oven to 200°C/fan180°C/gas 6. Heat 1 tbsp of the oil in a roasting tin over a high heat on the hob. Season the pork medallions and fry in a single layer for 1 minute on each side or until they are nicely browned. Remove from the tin and set aside to rest.

2. Tumble the chorizo, potatoes, onion, lemon and remaining oil into the hot tin, season with salt and pepper and put in the oven. Roast for 10-15 minutes, then take out and toss the contents together well to coat the vegetables in the chorizo juices. Top with the pork medallions and sage leaves, then return the tin to the oven to cook for a further 10-12 minutes.

3. Remove from the oven, top with the sliced feta, sprinkle over the parsley and serve.

PER SERVING 466kcal, 28.9g fat (11.8g saturated), 38.3g protein, 13.1g carbs (5.1g sugars), 2.3g salt, 1.5g fibre

EASY-PEEL SHALLOTS

Soak the shallots in boiled water for 10 minutes to make the skins easier to peel.



Pork chops in cider with shallots and peas

SERVES 6

**TAKES 10 MIN TO MAKE,
40 MIN TO COOK**

- 400g shallots, whole but peeled (see tip)
- 4 fresh rosemary sprigs
- 2 tbsp olive oil
- 6 British, free-range bone-in pork chops (about 150g each)
- 500ml scrumpy cider
- 4 British free-range smoked streaky bacon rashers, chopped
- 1 tbsp redcurrant jelly
- 300g frozen petits pois
- Creamy mashed potato to serve

1. Heat the oven to 200°C/fan180°C/gas 6. Put the shallots and rosemary into a roasting tin. Season, drizzle with the oil and roast for 20 minutes until golden.

2. Add the pork chops, cider and bacon to the tin, stir through the redcurrant jelly so the pork is coated, then return to the oven for 10 minutes.

3. Stir in the petits pois and return to the oven for 10 minutes until piping hot. Discard the rosemary sprigs. Serve with creamy mash.

PER SERVING 334kcal, 13.7g fat (3.9g saturated), 35.6g protein, 11.9g carbs (8.3g sugars), 0.7g salt, 4.6g fibre



KNOW-HOW

British rose veal (from good butchers and some supermarkets) comes from calves reared to meet RSPCA standards.

Veal curry

SERVES 6-8

TAKES 20 MIN TO MAKE,
1 HOUR 25 MIN TO COOK

- 200g butter
- 5 onions, sliced
- 1.5kg British rose veal shoulder (see tip), chopped into chunks
- 600ml Jersey or Guernsey milk, or good quality whole milk
- Juice 1 lemon
- Steamed basmati rice and fresh green chillies, de-seeded and sliced, to serve

FOR THE CURRY POWDER

- 1 tsp cumin seeds

- 10 cloves
- 5 tsp coriander seeds
- ½ tsp cardamom seeds (from 6 pods)
- 2 tsp ground ginger
- 2 tsp cayenne pepper
- ½ tsp ground black pepper

1. To make the curry powder, put the cumin seeds, cloves, coriander seeds and cardamom seeds in a dry frying pan. Heat gently, shaking the pan, until the spices smell toasted. Transfer to a spice grinder or pestle and mortar and grind into a powder. Mix with the remaining spices.

2. Melt the butter in a saucepan and cook the onions for 10-15 minutes until soft but not coloured.

3. Season the veal and add to the pan, cooking gently – it doesn't need to be browned. Stir in the curry powder and cook for 3-4 minutes, then add the milk, bring to a very gentle simmer and cook, covered, for 1 hour.

4. When ready, stir through the lemon juice, taste and adjust the seasoning. Serve with steamed rice and fresh green chillies, if you like.

PER SERVING 478kcal, 28.3g fat, (16.2g saturated), 47.4g protein, 10.6g carbs (7g sugars), 0.8g salt, 2.9g fibre

Three-cheese, ham and vegetable bake

SERVES 4

TAKES 10 MIN TO MAKE,
1 HOUR TO COOK

- 1 onion, finely chopped
- 1 fennel bulb, finely sliced
- 2 large potatoes, finely sliced
- 1 courgette, sliced
- 1 red pepper, deseeded and sliced
- Handful fresh flatleaf parsley, finely chopped
- 2 tbsp plain flour
- 100g good quality British ham, torn
- 75g ricotta
- 200g mozzarella ball, torn
- 25g parmesan, grated

1. Heat the oven to 180°C/fan160°C/gas 4. Mix the onion, fennel, potatoes, courgette, red pepper and parsley in a bowl with the flour and plenty of salt and pepper.

2. Spread a third of the mixture in the bottom of a 1.5 litre ovenproof dish and scatter over half the ham. Dollop over half the ricotta and a third of the mozzarella. Add another layer of vegetables, then layer up more ham, ricotta and mozzarella, saving the last third of the mozzarella for adding later.

3. Cover with foil and bake in the oven for 35-40 minutes, then remove the foil and scatter over the parmesan and remaining mozzarella. Bake for 20 minutes until golden, then serve.

PER SERVING 345kcal, 16g fat (9.9g saturated), 22.8g protein, 27g carbs (5.6g sugars), 1.4g salt, 4.7g fibre



Braised gammon with cider and apples

SERVES 6

**TAKES 15 MIN TO MAKE,
3-3½ HOURS TO COOK, PLUS
OVERNIGHT SOAKING**

- 1.5kg British free-range smoked gammon joint, soaked in cold water overnight
- 2 tbsp olive oil
- 1 onion, finely chopped
- 1 leek, finely chopped
- 2 celery sticks, finely chopped
- Knob of butter
- 2 apples, peeled, cored and sliced
- Small handful fresh sage leaves, finely sliced, plus extra, fried, to garnish
- 500ml semi-dry cider
- 400ml chicken stock, hot
- 400g tin butter beans, drained and rinsed
- ½ tbsp black treacle
- Steamed cabbage to serve
- Fried sage leaves to garnish (optional)

1. Heat the oven to 160°C/fan140°C/gas 3. Remove the gammon from the soaking water, put in a heavy-based casserole with a tight-fitting lid and cover with fresh water. Bring to a boil. Simmer for 5 minutes, remove the gammon and discard the water.

2. Add the oil to the casserole with the onion, leek and celery. Cook for 10 minutes until soft. Add the butter and apples, then cook for 5 minutes until lightly caramelised.

3. Return the gammon to the casserole with the sage, cider and stock. Season with pepper and bring to the boil. Cover

with the lid and bake in the oven for 2½-3 hours until the meat is very tender.

4. Remove the gammon from the casserole, remove and discard the skin, and keep warm. Put the casserole over a high heat and bring to the boil. Add the beans and treacle, then simmer over a medium-low heat for 10 minutes.

5. Tear the meat into large pieces and return, with any juices, to the sauce. Serve with steamed cabbage. Garnish with fried sage leaves, if you like.

PER 100G 101kcal, 4.4g fat (1.5g saturated), 15.9g protein, 3g carbs (2g sugars), 1.8g salt, 0.9g fibre





NEXT TIME TRY...

...mixing shredded ham hock into the beans instead of bacon. It will make this dish even speedier.

Mixed bean and bacon stew

SERVES 4

**TAKES 10 MIN TO MAKE,
35-40 MIN TO COOK**

- 150g piece British free-range smoked bacon, cut into cubes (or 150g bacon lardons)
- 1 onion, finely chopped
- ¼ red cabbage, finely shredded
- 2 garlic cloves, crushed
- 750ml good quality chicken stock
- 400g tin borlotti beans, drained and rinsed
- 400g tin butter beans, drained and rinsed
- 400g tin cannellini beans, drained and rinsed

- 1 tbsp black treacle
- Small bunch fresh flatleaf parsley, finely chopped
- Crusty bread to serve

1. Heat a casserole over a medium heat, then fry the bacon for 10 minutes until it is crisp and has released all its fat. Remove with a slotted spoon and set aside on a plate.

2. Add the onion and cabbage to the casserole and fry for 5 minutes, then add the garlic and fry for a further 30 seconds. Return the bacon to the pan with the stock, all the beans and the treacle, then season.

3. Bring to the boil, then simmer for

20 minutes until the beans are starting to break down. Taste and adjust the seasoning, stir through the parsley, then serve with crusty bread to mop up the juices.

PER SERVING 321kcal, 7.7g fat (2.5g saturated), 20.3g protein, 30.5g carbs (6.4g sugars), 2.4g salt, 14.7g fibre



Warm lamb and chickpea salad

SERVES 4

**TAKES 10 MIN TO MAKE,
2 HOURS 5 MIN TO COOK**

- ½ British lamb shoulder (about 700g), bone-in
- 1 tbsp olive oil
- 1 garlic bulb, cloves separated
- 4 rosemary sprigs, leaves stripped, plus extra to serve
- 2 x 400g tins chickpeas, rinsed
- 290g jar roasted red and yellow peppers, drained and sliced

1. Heat the oven to 180°C/fan160°C/gas 4. Place the lamb shoulder in a small roasting tin with the olive oil, garlic cloves and rosemary leaves, then season well. Pour 100ml water into the tin. Cover tightly with foil and roast for 1½ hours, then remove the foil and roast, uncovered, for 30 minutes more to crisp the skin. Remove the tin from the oven and let the lamb rest, covered in foil, for 10 minutes.

2. Remove the lamb from the tin, cut the meat from the bone and shred into

bite-size pieces. Squeeze the roast garlic cloves into the cooking juices (discarding the garlic skins) and mash with a fork. Set the tin on the hob over a low heat, then stir in the chickpeas to warm. Season to taste. To serve, toss the garlicky chickpeas with the roasted peppers and the shredded lamb, then sprinkle over extra rosemary leaves.

PER SERVING 503kcal, 24.8g fat (6.8g saturated), 46g protein, 23.9g carbs (0.7g sugars), 1g salt, 10.4 fibre



NEXT TIME...

This speedy dish is great served with a soft poached free-range egg. Throw in any leftover greens too to add variety.

Potato and ham rösti

SERVES 4

TAKES 15 MIN TO MAKE,
35 MIN TO COOK

- 1 tbsp olive oil
- 40g butter
- 650g medium waxy potatoes (such as *desirée*), parboiled for 2 minutes, drained, left to cool, then peeled, coarsely grated and patted dry
- 1 large onion, thinly sliced
- 2 fat garlic cloves, crushed
- 300g cooked British ham, torn into

pieces

- 1½ tsp cayenne pepper
- Large bunch fresh flatleaf parsley, chopped

1. Heat the oven to 180°C/fan160°C/gas 4. Heat the oil and butter in an ovenproof sauté pan (about 20cm), swirling to coat the base. In a large bowl, mix together the potatoes, onion, garlic, ham, cayenne and parsley; season with 1 tsp salt and some freshly ground pepper. Spoon over the base of

the sauté pan and press down to make an even layer.

2. Cook over a medium-low heat for 20 minutes until the base is golden and the potato is almost cooked through. Transfer the pan to the oven and bake for 15 minutes until the top is golden and the potato is tender. Sprinkle over the chopped parsley and spoon onto plates.

PER SERVING 517kcal, 32.3g fat (15.1g saturated), 26.3g protein, 30.5g carbs (3.9g sugars), 3g salt, 4g fibre.

Herb-crusted rack of lamb with white beans and artichokes

SERVES 4-6

TAKES 20 MIN TO MAKE,
20-25 MIN TO COOK, PLUS RESTING

- 2 tsp dijon mustard
- 2 x 300g bone-in cannons of British lamb (see tip)

FOR THE CRUST

- 25g stale breadcrumbs
- 75g parmesan, grated
- 4 anchovy fillets in oil, drained
- Small bunch fresh parsley, leaves picked
- 3 fresh rosemary sprigs, leaves picked

FOR THE VEGETABLES

- 2 x 400g tins cannellini or haricot beans, drained and rinsed
- 4 garlic cloves, unpeeled, crushed
- Small bunch fresh parsley, roughly chopped
- 280g jar artichoke hearts, drained
- 1 anchovy fillet in oil, chopped
- Good drizzle extra-virgin olive oil
- Peppery salad leaves to serve

1. Heat the oven to 220°C/fan200°C/gas 7. For the vegetables, mix the beans, garlic, parsley, artichoke hearts and anchovy together in a large, shallow roasting tin and drizzle with olive oil.

2. For the crust, whizz the breadcrumbs, parmesan, anchovies and herbs in a food processor until you have a fine green crumb mixture. Spread the mustard all over the lamb cannons, then pat the crumb mixture onto the meatier side of the lamb until it's well covered. Some of the crumb mixture may fall off – just scoop it up and pat it onto the meat again.

3. Carefully put the lamb cannons on top of the bean mixture, crumb-side up, and roast for 20 minutes until the crumb

mixture has formed a crisp, golden crust – the internal temperature of the lamb should be 50–55°C when tested with a digital thermometer. Remove from the oven, wrap the tin tightly in foil and cover with a tea towel. Rest for 10 minutes. The lamb should now be 65°C inside. This will give you perfectly pink cutlets when carved.

4. Transfer the lamb to a board, then carve between the ribs into cutlets. Season and toss the beans to mix, then serve alongside the cutlets with a peppery salad, if you like.

PER SERVING (FOR 6) 369kcal, 16.9g fat (6.5g saturated), 33.4g protein, 20.5g carbs (2.9g sugars), 1g salt, 7.9g fibre

FROM THE BUTCHER

You could ask your butcher for a French-trimmed rack of lamb instead. It will take 10-15 minutes longer to cook.





Pork vindaloo

SERVES 4

**TAKES 45 MIN TO MAKE,
40-50 MIN TO COOK, PLUS 1 HOUR
MARINATING**

- 10-15 dried Kashmiri chillies, or ½-1 tsp hot chilli powder, to taste
- 2 tsp cumin seeds, toasted for 1 minute in a dry frying pan
- 1 tsp mustard seeds
- 2.5cm cinnamon stick (see tip)
- 9 whole black peppercorns
- Seeds from 6 cardamom pods
- 4 whole cloves
- 1 tsp ground turmeric
- 1 tsp soft brown sugar, plus extra
- 3cm fresh ginger, roughly chopped
- 3 fat garlic cloves, roughly chopped
- 100ml cider vinegar
- 500g British free-range pork shoulder, cut into chunks
- 1½ tbsp vegetable oil
- 1 medium onion, finely chopped
- 1 tbsp tomato purée
- 200ml fresh light chicken stock
- 20 fresh or dried curry leaves
- Handful fresh coriander, chopped
- Basmati rice, lime pickle and natural yogurt to serve (optional)

1. In a pestle and mortar, grind the chillies or chilli powder, cumin seeds, mustard seeds, cinnamon, peppercorns, cardamom and cloves to a powder (or whizz in a spice grinder). Add the turmeric, sugar, ginger and garlic, then continue to mix/whizz to a dry paste. Stir in the vinegar to make a wet paste.

2. Put the spice mixture and the pork into a glass or ceramic bowl (these won't react with the vinegar) and mix

well. Cover with cling film and set aside to marinate for at least 1 hour.

3. Heat the oil in a large heavy-based pan, then gently fry the onion for 10-15 minutes until softened. Add the tomato purée, the pork and all the marinade, then mix well. Add the stock and ½ tsp salt, then stir in the curry leaves. Cover and simmer gently for 40-50 minutes until the pork is tender.

4. Season with salt and pepper to taste. The curry should have a distinct vinegar flavour – if it's too strong for your liking, balance it out by adding a little extra brown sugar. Sprinkle with the chopped coriander, then serve with basmati rice, with lime pickle and natural yogurt on the side, if you like.

PER SERVING 224kcal, 10.6g fat (2.4g saturated), 30.5g protein, 4.3g carbs (3.3g sugars), 0.3g salt, 0.7g fibre



Sausages with creamy lentils

SERVES 4

TAKES 10 MIN TO MAKE,
40-45 MIN TO COOK

- 2 tbsp olive oil
- 400g (about 6) good quality British sausages, pinched, twisted and cut in the middle to make half-size sausages
- 1 red onion, thinly sliced
- 1 tsp cumin seeds
- 1 tsp chilli flakes
- 2 garlic cloves, finely sliced
- 250g dried green lentils, rinsed well under cold water

- ½ bunch fresh coriander, leaves picked and chopped, stalks retained
- 800ml hot chicken stock, fresh or from a stock cube
- 150ml natural yogurt

1. Heat 1 tbsp of the oil in a shallow casserole or sauté pan. Add the half-size sausages and fry for 5 minutes until browned all over. Remove and set aside on a plate. Add the remaining oil and the onion to the pan, then cook for 8 minutes to soften the onion. Stir in the cumin seeds, chilli flakes and sliced

garlic, then cook for 2 minutes more.

2. Add the lentils and coriander stalks to the pan, then pour over the stock and cover. Bring to the boil, then simmer for 15 minutes. Nestle the sausages on top of the lentils and cook, covered, for 10-15 minutes more or until the lentils are tender and the sausages are cooked through. Taste the lentils and season, stir through the yogurt and coriander leaves, then serve.

PER SERVING 538kcal, 27.3g fat (8.5g saturated), 35.6g protein, 39.9g carbs (6.6g sugars), 3.5g salt, 8g fibre

IN A SLOW COOKER...

Brown the lamb, soften the veg, then cook everything (not the butter and parsley) on low for 7-8 hours. Add the butter and parsley to serve.



Beer-braised lamb shanks

SERVES 6

**TAKES 15 MIN TO MAKE,
3 HOURS TO COOK**

- 3 tbsp olive oil
- 6 lamb shanks
- 1 large onion, finely sliced
- 1 celery stick, finely chopped
- 1 carrot, finely diced
- 2 garlic cloves, finely sliced
- 500ml bottle pale or golden ale
- 300ml lamb or chicken stock, hot
- 2 bay leaves
- 5 fresh thyme sprigs, leaves stripped
- Knob of unsalted butter

- Handful flatleaf parsley, chopped
- Creamy mashed potato to serve

1. Heat half the oil in a large, heavy-based casserole (with a tight-fitting lid) over a medium heat. Add the shanks and brown for a few minutes so all the sides are coloured. Remove and set aside.

2. Heat the remaining oil in the casserole and fry the onion, celery, carrot and garlic over a gentle heat for 10 minutes until soft and beginning to colour. Return the lamb shanks to the casserole and pour in the ale and stock. Season well, add the bay leaves and thyme, bring to the boil, then reduce to

a simmer, cover with the lid and cook over a low heat for 2½ hours, turning halfway through, until the lamb shanks are tender.

3. Remove the lamb to a warmed serving dish and keep warm under foil. Discard the bay leaves. Bring the sauce to the boil and reduce by half until it's nice and glossy.

4. Whisk in the butter and return the lamb to the casserole to warm through, if necessary. Sprinkle with the parsley and serve with creamy mash.

PER SERVING 543kcal, 30.8g fat (12.3g saturated), 56.4g protein, 5.8g carbs (4g sugars), 0.4g sal, 1.4 fibre



Shredded ham, kale and pasta soup

SERVES 4

**TAKES 10 MIN TO MAKE,
25 MIN TO COOK**

- Olive oil for frying
- 1 large onion, finely sliced
- 2 garlic cloves
- 150g kale, roughly chopped
- 1.5 litres good quality fresh chicken stock
- 250g pasta (we like gemelli or cavatappi, available in large supermarkets or delis)
- 200g good quality British ham or ham hock, shredded
- Squeeze lemon juice
- Gruyère cheese, grated, to serve

1. Put a deep saucepan over a medium heat with a drizzle of olive oil. Fry the onion for 10 minutes or so, stirring often, until soft, translucent and beginning to turn golden.

2. Crush in the garlic cloves, then add the kale. Season, stir, pour in the chicken stock and bring to a simmer, then cook for 10 minutes.

3. Meanwhile put the pasta in a large pan of salted water and bring to the boil. When nearly cooked al dente, drain and transfer to the soup pan, along with the shredded ham or ham hock. Heat gently for 2-3 minutes.

4. Squeeze in a little lemon juice, taste and season, then ladle into bowls. Top

with plenty of grated gruyère cheese, then serve immediately.

PER SERVING 445kcal, 11.6g fat (4.7g saturated), 34.6g protein, 50.4g carbs (5.5g sugars), 2.5g salt, 4.9g fibre

DOUBLE UP

This recipe makes a double batch, each serving 4, so freeze half for another day – it will keep for up to 3 months.



Easy lamb curry

SERVES 8

TAKES 20 MIN TO MAKE,

1 HOUR 25 MIN TO COOK

- 2-3 tbsp sunflower oil
- 1kg diced lamb (from the leg or neck fillet)
- 2 large onions, thinly sliced
- 2 large potatoes, cubed
- 150g jar hot curry paste (we like Veeraswamy Hot Madras Curry Paste, from Waitrose)
- 2 x 400g tins chopped tomatoes
- 2 x 400g tins chickpeas, drained and rinsed
- Dollop mango chutney
- Juice 2 lemons

• Bunch fresh coriander, chopped

• Naan breads to serve

1. Heat the oil in a large lidded pan and batch-fry the lamb until browned.

Remove from the pan and set aside in a large bowl. Add the onions and potatoes to the pan, then cook for 8-10 minutes, stirring regularly, until the onions are soft and golden.

2. Return the lamb and any resting juices to the pan. Stir in the curry paste, tomatoes and chickpeas, then bring to the boil. Cover and simmer for 1 hour until the meat is tender, then stir in the chutney. Season with salt, pepper and the lemon juice. Remove half the

amount and leave to cool, then freeze in freezer bags (see tip).

3. Spoon the remainder into bowls, sprinkle over the chopped coriander and serve with warmed naan breads.

PER SERVING 397kcal, 18g fat (6g saturated), 31.9g protein, 25.6g carbs (7.3g sugars), 1.4g salt, 5.5g fibre



Rioja-braised oxtail

SERVES 4-6

TAKES 15 MIN TO MAKE,

3-3½ HOURS TO COOK

- 2kg oxtail pieces
- 4 tbsp plain flour, seasoned with salt and pepper
- 4 tbsp olive oil
- 2 red onions, finely sliced
- 2 celery sticks, finely chopped
- 1 carrot, finely chopped
- 2 tbsp tomato purée
- 375ml (half a bottle) good red rioja wine
- 300ml beef stock, hot
- Good grating fresh nutmeg
- 1 tbsp plain flour
- 1 tbsp butter, softened
- Baked or creamy mashed potatoes and seasonal vegetables to serve

1. Dust the oxtail in the flour until lightly coated. Heat half the olive oil in a heavy-based casserole with a tight-fitting lid. Fry the oxtail, in batches, over a medium heat, for 2-3 minutes on each side until browned. Remove the meat and set aside, then drain off and discard the excess fat from the casserole.

2. Heat the remaining oil in the casserole and gently fry the onion, celery and carrot for 10 minutes until lightly golden.

3. Stir in the tomato purée, then return the oxtail to the casserole. Pour in the rioja and stock. Add the nutmeg, season with salt and black pepper, then bring to the boil.

4. Cover with the lid, reduce the heat to low and simmer for 2½-3 hours until the oxtail is very tender. Remove the oxtail

and vegetables from the casserole, set aside and keep warm. Bring the sauce to a vigorous boil and bubble until reduced by half.

5. Mix the flour and butter in a bowl to make a paste. Gradually whisk a little at a time into the sauce. Bubble for 3-5 minutes until thickened.

6. Return the oxtail and vegetables to the casserole to warm through. Serve with baked or creamy mashed potatoes and seasonal vegetables.

PER SERVING (FOR 6) 762kcal, 43.4g fat (16.4g saturated), 68.7g protein, 14.6g carbs, 4g sugar, 1.2g salt

Fish stew

SERVES 4

TAKES 15 MIN TO MAKE,
25 MIN TO COOK

- 3 tbsp extra-virgin olive oil
- 1 onion
- 3 garlic cloves
- 1 tsp smoked Spanish paprika (pimentón)
- 400g tin chopped tomatoes
- 750ml vegetable or chicken stock
- 400g tin butter beans
- 450g sustainable white fish fillets
- 150g sustainable raw prawns
- Fresh flatleaf parsley to garnish

1. Heat the olive oil in a large saucepan. Finely slice the onion and garlic, then add to the pan. Fry gently, covered, for 10 minutes or until softened, then stir through the smoked paprika. Add the chopped tomatoes and stock and bring to the boil. Simmer gently for 10 minutes.

2. Drain and rinse the butter beans. Cut the fish into large chunks. Reduce the

heat and add the butter beans and fish to the pan. Simmer for 4 minutes or until the fish is almost cooked through, then add the prawns and cook until they turn pink. Taste and season, then ladle into bowls, add parsley and serve.

PER SERVING 187kcal, 6.8g fat (0.9g saturated), 22.6g protein, 8.8g carbs (3.2g sugars), 0.8g salt, 3.7g fibre

EASY DOES IT
Frozen, defrosted fish fillets and prawns both work well in this recipe – handy things to have on standby in the freezer.



Red Thai spicy mussels

SERVES 2

READY IN 20 MIN

- 750g fresh mussels
- 1 tbsp groundnut oil
- 100g ready-diced onion (from most supermarkets) or 1 onion, chopped
- 40g Thai red curry paste (we like Thai Taste, available from major supermarkets and online)
- Handful fresh coriander, leaves picked and chopped, stalks finely chopped
- 165ml tinned coconut milk
- Juice 1 lime, 1 red chilli, deseeded and sliced into strips, and crusty bread to serve

1. Rinse the mussels in cold water to remove any grit, then clean (see tip), discarding any that are cracked or open.

2. Heat the oil in a large wok over a medium heat and fry the onion for 5 minutes until softened. Stir through the Thai red curry paste and coriander stalks, then fry for a further minute. Pour in the coconut milk and simmer gently for 2 minutes.

3. Add the cleaned mussels to the wok

and gently mix through the sauce. Cover and cook for 2-4 minutes until all the shells have opened (discard any that remain closed). Remove the lid, squeeze over the lime juice, then scatter over the chopped coriander leaves and chilli. Serve from the wok with crusty bread.

PER SERVING 371kcal, 26.6g fat (13.8g saturated), 21.1g protein, 8.7g carbs (3.6g sugars), 1.6g salt, 0.9 fibre

MUSSEL PREP

Before you start cooking, scrub the mussels, pull off any stringy beards and discard any mussels that don't close when tapped.





Prawn noodle soup

SERVES 4

**TAKES 15 MIN TO MAKE,
20 MIN TO COOK**

- 1 tbsp olive oil
- 1 onion
- 2 garlic cloves
- ½ tsp chilli flakes
- Handful fresh coriander
- 2 tbsp fish sauce
- 1.2 litres fresh chicken stock
- 200g dried noodles (we used soba)
- 300g sustainable raw king prawns
- 100g baby spinach
- Soy sauce and lime wedges to serve

1. Heat the oil in a large pan. Slice the onion, then add to the pan and cook for 5 minutes without colouring. Finely slice the garlic and add to the pan with the chilli flakes. Cook for 2 minutes.

2. Finely slice the coriander stalks, reserving the leaves, then add to the pan with the fish sauce and stock. Simmer gently for 10 minutes.

3. Meanwhile, cook the noodles according to the pack instructions. Drain, rinse well under hot water, then set aside, covered, for 10 minutes.

4. Add the prawns to the soup with the spinach and cook for 2-3 minutes until the prawns are completely pink. Taste

and season. Divide the noodles among 4 bowls, then pour over the soup and garnish with the coriander leaves. Serve with soy sauce and lime wedges, if you like.

PER SERVING 332kcal, 4.3g fat (0.6g saturated), 21.2g protein, 38g carbs (4.2g sugars), 1.4g salt, 1.2g fibre

CLAM PREP

To clean clams, soak them in cold, salted water for 30 minutes, then rinse well. Discard any that don't snap shut when tapped.



New England clam chowder

SERVES 8
TAKES 30 MIN TO MAKE,
1 HOUR TO COOK

- Olive oil for frying
- Knob of unsalted butter
- 2 shallots, finely sliced
- 2 garlic cloves, crushed
- 4 fresh thyme sprigs
- 1 bay leaf
- 1.5kg small clams (we used palourdes), cleaned – see tip
- 6 British free-range streaky bacon rashers, finely sliced
- 1 onion, finely chopped
- 500g waxy potatoes, such as charlotte, cut into 1cm chunks
- 3 sweetcorn cobs, kernels stripped (hold the cobs upright and slice down with a knife, close to the cob)
- 1 tbsp cornflour
- 150ml double cream
- Small bunch fresh chives, snipped
- Saltine crackers (available from amazon.co.uk), Jacob's Cream Crackers or bread sprinkled with salt to serve

1. In a large saucepan, heat the oil and butter, then gently fry the shallots over a medium heat until tender but not browned. Add the crushed garlic and fry for 30 seconds. Add the thyme sprigs, bay leaf, clams and 500ml boiling water. Cover and cook for 2 minutes or until the clams open, then remove from the heat and strain through a colander, reserving the cooking liquid. Pick the meat from the clams into a bowl (discarding the flavourings, shells and

any unopened clams), then set aside.

2. Heat a little more oil in the same pan, then fry the bacon over a medium heat until starting to crisp. Add the onion and fry until soft. Add the potatoes with the reserved clam liquid and bring to the boil, then reduce the heat and simmer for 20 minutes or until the potatoes are just tender.

3. Add the corn kernels and cook for 2 minutes. Spoon 2 tbsp of the broth into a small jug with the cornflour, mixing to a smooth paste. Whisk back into the pan, then simmer until slightly thickened.

4. Stir in the cream and clam meat. Season, sprinkle with chives, then serve with the crackers or salted bread.

PER SERVING 312kcal, 18.6g fat (9.1g saturated), 14.7g protein, 21.1g carbs (2.4g sugars), 1.1g salt, 2.3g fibre

Salmon tray bake

SERVES 4

TAKES 10 MIN TO MAKE,
35 MIN TO COOK

- 2 red onions, cut into wedges
- 2 red peppers, deseeded and sliced into strips
- 1 yellow pepper, deseeded and sliced into strips
- 1 courgette, halved lengthways and thickly sliced
- 1 garlic bulb, halved across the middle
- 2 medium tomatoes, halved
- 3 tbsp olive oil, plus extra to drizzle
- 270g cherry tomatoes on the vine
- 4 sustainable salmon fillets (about 150g each)
- Squeeze lemon juice
- Handful fresh basil leaves

1. Heat the oven to 200°C/fan180°C/gas 6. Tumble the onions, peppers, courgette, garlic and medium tomatoes into a shallow roasting tray. Drizzle over 3 tbsp olive oil, season with sea salt and ground black pepper, then gently toss to coat. Roast for 20 minutes.

2. Add the cherry tomatoes to the tray and lay the salmon fillets on top. Season,

then drizzle with oil and a squeeze of lemon juice. Return to the oven for 10-12 minutes until the salmon is just cooked through and the vegetables are tender.

Scatter with fresh basil leaves to serve.

PER SERVING 438kcal, 25.9g fat (4.3g saturated), 34.6g protein, 17.2g carbs (13.3g sugars), 0.2g salt, 15.9g fibre



Beetroot and dill pilaf with hot-smoked trout

SERVES 4

TAKES 20 MIN TO MAKE,
40 MIN TO COOK

- 4 small fresh beetroot, trimmed but not peeled
- 1 tsp caraway seeds
- 300g long grain rice
- 250g hot-smoked trout
- 2 tbsp soured cream, plus extra to serve
- Small bunch fresh dill, torn
- Fresh rocket to serve (optional)

1. Heat the oven to 200°C/fan180°C/gas 6. Wrap each beetroot in foil and roast for 30 minutes until tender. Unwrap and, when cool enough to handle, peel (wearing clean rubber gloves so as not to stain your hands). Grate 2 beetroot and cut the remaining 2 into wedges.

2. Put a saucepan over a medium heat and toast the caraway seeds for 30 seconds, then remove from the pan and set aside. Pour a kettle of boiling water into the hot pan, season with salt and add the rice. Stir the rice once and cook for 10 minutes or until tender.

Meanwhile, break the hot-smoked trout into large flakes.

3. Drain the rice well, then return it to the pan with the grated beetroot, toasted caraway seeds, soured cream and most of the dill. Mix well, then spoon into a bowl and gently fold in the sliced beetroot, trout and the remaining dill. Serve with a rocket salad, if you like, and an extra dollop of soured cream.

PER SERVING 391kcal, 5.9g fat (2.2g saturated), 20.3g protein, 59.7g carbs (3.8g sugars), 1.5g salt, 1.4g fibre





Roast cod with fennel, red onion and balsamic tomatoes

SERVES 4

**TAKES 15 MIN TO MAKE,
25 MIN TO COOK**

- 1 large fennel bulb with fronds, trimmed and thinly sliced (fronds reserved)
- 1 large red onion, sliced
- 1-2 small red chillies, thinly sliced (optional)
- 2 tbsp olive oil
- Juice 1 lemon
- 200g cherry tomatoes, halved
- 3 tbsp balsamic vinegar
- 4 thick skinless sustainable cod fillets (about 150g each)
- 1 tbsp capers, drained and rinsed

1. Heat the oven to 200°C/fan180°C/ gas 6. Scatter the fennel, onion and chillies, if using, in a roasting tin and drizzle with 1 tbsp olive oil and the lemon juice. Roast for 10 minutes.

2. Scatter over the cherry tomatoes and roast for a further 5 minutes, then drizzle with the balsamic vinegar. Place the cod fillets on top, drizzle with the remaining oil, season and roast for 10-12 minutes until the cod is just cooked through.

3. Garnish with the capers and the reserved fennel fronds, then serve.

PER SERVING 212kcal, 6.9g fat (1g saturated), 28.7g protein, 7.9g carbs (6.9g sugars), 0.2g salt, 2.6g fibre

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that's Marine Stewardship
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Spiced prawn and pea pilaf

SERVES 4

TAKES 20 MIN TO MAKE,
25 MIN TO COOK

- 3 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- ¾ tbsp garam masala
- ½ tsp ground turmeric
- 300g basmati rice
- 600ml vegetable or chicken stock
- 400g sustainable king prawns
- Couple handfuls frozen peas
- Juice ½ lemon

1. Heat the oil in a large, lidded sauté pan. Fry the onion, stirring frequently, for 5 minutes until soft but not coloured. Add the garlic, cook for another minute, then add the spices and cook for 2 minutes. Add the rice and cook, stirring, for a minute or two to toast, then add the stock, season well and bring to a simmer. Simmer for a minute, then put the lid on and turn down the heat as low as possible – you should just be able to hear it gently bubbling.

2. Cook, without stirring, for 20 minutes until the rice is cooked with a little bite

and the liquid has been absorbed. Add the prawns to the pan 3-4 minutes before the end of the cooking time, then add the peas for the last 2 minutes.

3. Once the rice is cooked and the prawns are completely pink, stir through the lemon juice, taste, and adjust the seasoning as needed. Serve immediately in bowls.

PER SERVING 486kcal, 9.9g fat (1.4g saturated), 25.2g protein, 62g carbs (1.8g sugars), 0.9g salt, 1.7g fibre

Malaysian-style aubergine and paneer curry [v]

SERVES 4

TAKES 25 MIN TO MAKE,
25 MIN TO COOK

- 1 red onion, roughly chopped
- 1 lemongrass stalk, tough outer leaves removed, chopped
- 2 garlic cloves, finely chopped
- 1 red chilli, finely chopped
- Thumb-size piece fresh ginger, finely chopped
- 1 tbsp cumin seeds
- 1 tbsp coriander seeds
- Vegetable oil for frying
- 1 tsp ground turmeric
- 2 aubergines, halved, then sliced

- 400g tin coconut milk
- 1 cinnamon stick
- 1½ tbsp light soy sauce
- Juice 1-2 limes
- 250g paneer cheese (available from major supermarkets), cut into chunks
- Steamed basmati rice and sliced spring onions to serve

1. In a food processor, whizz the onion, lemongrass, garlic, chilli and ginger with a splash of water to form a paste.
2. Heat a small dry frying pan over a medium heat, add the cumin and coriander seeds, then toast until fragrant. Remove and grind the seeds in a pestle and mortar. Add a little vegetable oil to the spice pan and fry the onion paste over a medium heat for 2 minutes, stirring so as not to let it catch and burn. Add the toasted spices and the turmeric,

then the aubergine slices. Stir to coat the aubergines in the spices, then cook for 2 minutes more.

3. Add the coconut milk with 200ml water, the cinnamon stick, soy sauce and the juice of 1 lime. Bring to the boil, then turn down the heat to a low simmer and cook for 15-20 minutes until the sauce has thickened.

4. Meanwhile, fry the paneer. Heat a sauté pan or large frying pan with a little more vegetable oil, then add the chunks of paneer, frying on each side until browned all over. Remove from the pan and add to the curry. Taste the curry and add the juice of the other lime if you think it needs it. Serve with basmati rice and sliced spring onions.

PER SERVING 323kcal, 27.1g fat (17.3g saturated), 13.6g protein, 10.6g carbs (5.9g sugars), 1.5g salt, 3.2g fibre

KNOW-HOW

Ordinarily this dish would be made with fish sauce instead of soy sauce. If you eat fish, try it for the distinctive depth it adds.



KNOW-HOW

This one-pot veggie dish is the perfect thrifty storecupboard supper, big on texture and full of punchy flavours.

Mushroom and chickpea ragout [v]

SERVES 4

**TAKES 10 MIN TO MAKE,
45 MIN TO COOK**

- 2 tbsp olive oil
- 2 onions, finely sliced
- 2 garlic cloves, crushed
- 30g dried wild mushrooms
- 2 x 400g tins chickpeas, drained and rinsed
- 2 x 400g tins chopped tomatoes
- Pinch chilli flakes (to taste)
- Handful fresh flatleaf parsley, chopped (optional)

1. Heat the olive oil in a sauté pan, then gently fry the onions for 10-12 minutes

until soft. Add the garlic, then fry for 2 minutes more.

2. Meanwhile, put the dried wild mushrooms into a small bowl, pour over 200ml boiling water, then leave for 10 minutes. Drain, reserving the liquid, then roughly chop.

3. Add the chickpeas to the pan along with the mushrooms and the soaking liquid. Tip in the tomatoes and chilli flakes, then season well. Simmer for 30 minutes. Scatter with the chopped parsley, if using, and serve.

PER SERVING 258kcal, 10g fat (1.3g saturated), 13.5g protein, 28.6g carbs (8.8g sugars), 0.9g salt, 11.3g fibre



Spicy butter bean, chickpea and butternut squash stew [v]

SERVES 4

**TAKES 25 MIN TO MAKE,
30 MIN TO COOK**

- 2 red onions
- ½ large butternut squash or 1 sweet potato
- 1 leek
- 1 tbsp olive oil
- 2 tsp sweet smoked paprika (pimentón)
- 390g carton chopped tomatoes with chilli (available from larger supermarkets)
- 450ml vegetable stock
- 400g tin butter beans
- 400g tin chickpeas

- 200g spinach
- Greek yogurt to serve (optional)

1. Slice the red onions into wedges. Peel and cut the squash or sweet potato into 2cm cubes. Slice the leek at an angle.

2. Heat the oil in a large saucepan and fry the onions, squash or sweet potato, leek and paprika for 10 minutes or until the vegetables start to colour.

3. Add the chopped tomatoes and stock, then simmer for 15-20 minutes. Drain and rinse the butter beans and chickpeas, then stir them through the stew along with the spinach. Simmer for 5-10 minutes more. Taste and season, then serve with Greek yogurt, if you like.

PER SERVING 261kcal, 6.2g fat (0.9g saturated), 13.8g protein, 38.4g carbs (14.5g sugars), 1.3g salt, 14.4g fibre

Creamy leek and gorgonzola risotto [v]

SERVES 4

TAKES 30 MIN TO MAKE,
20 MIN TO COOK

- 4 tbsp olive oil
- 1 onion, finely sliced
- 1 litre vegetable stock
- 300g carnaroli risotto rice
- 250ml dry white wine
- Knob of butter
- 4 leeks, sliced into 2cm rounds
- 10 fresh thyme sprigs, leaves picked
- 100g gorgonzola (or vegetarian alternative)

1. Gently heat 2 tbsp olive oil in a large frying pan. Fry the onion for 5 minutes until softened but not brown.

2. Meanwhile heat the stock in a large pan. Add the rice to the onions, then stir for a minute so the grains are coated and slightly translucent.

3. Add the wine and increase the heat to medium-high. Stir until the wine has evaporated, then add a ladleful of the hot stock. Stir until the stock has been absorbed, then add another ladleful. Keep adding stock and stirring until the rice is creamy and cooked but with bite (this will take about 20 minutes and you may not need all the stock).

4. Meanwhile, in another pan, gently heat the remaining oil with the butter and gently fry the leeks with the fresh thyme leaves until soft. Stir the leeks into the rice just before the end of

cooking. Season, then crumble in the gorgonzola or vegetarian alternative. Cover, remove from the heat and allow to stand for 2-3 minutes before serving.

PER SERVING 558kcal, 21.7g fat (7.5g saturated), 14.3g protein, 62.4g carbs (3.8g sugars), 1.1g salt, 3.4g fibre





KNOW-HOW

To de-string a runner bean, snap off the top, then gently pull the string down and off the seamed side of the bean.

Turkish runner bean and bulgur wheat pilaf with garlic yogurt [v]

SERVES 4
TAKES 20 MIN TO MAKE,
1 HOUR TO COOK

- 3 tbsp extra-virgin olive oil
- 1 large onion, chopped
- 1½ tbsp tomato purée
- 2 tbsp biber salçası (Turkish red pepper paste, available from Middle Eastern delis or online), or harissa
- 500g runner beans, strings removed and cut diagonally (see tip)
- 400g skinned, chopped tomatoes, (fresh or from a tin)
- ½ tsp golden caster sugar
- ½ tsp aleppo pepper flakes (available from Middle Eastern delis or online) or cayenne pepper

- 200g coarse bulgur wheat
- 325ml chicken stock
- 1 tbsp chopped fresh flatleaf parsley

FOR THE GARLIC YOGURT

- 200g Greek yogurt
- 1 fat garlic clove, crushed
- 1 tbsp extra-virgin olive oil

1. Heat the 3 tbsp oil in a large, deep frying pan, then add the onion and cook gently for 7-10 minutes until soft and just beginning to turn golden.

2. Add the tomato purée and red pepper paste, then cook for 1 minute. Stir in the beans, tomatoes, sugar, a large pinch of salt and 100-120ml water. Cover and simmer for 15-20 minutes.

3. Uncover the pan and stir in the aleppo or cayenne pepper, bulgur wheat and the stock, then season with salt and black pepper. Cover and cook over a low heat for 10-15 minutes until all the moisture has been absorbed, making sure the bulgur wheat doesn't stick to the pan. Turn off the heat and leave to stand for another 5-10 minutes.

4. Meanwhile, mix the yogurt and garlic together in a bowl with the 1 tbsp olive oil, then season to taste. Serve the pilaf with the garlic yogurt, scattered with the chopped parsley.

PER SERVING 406kcal, 14.4g fat (2.8g saturated), 11.6g protein, 51.4g carbs (14.6g sugars), 0.4g salt, 6.2g fibre



Celeriac, potato and beetroot gratin, served with a leafy salad [v]

SERVES 4-6

**TAKES 30 MIN TO MAKE,
1 HOUR 30 MIN TO COOK**

- Unsalted butter for greasing
- 1kg maris piper potatoes, finely sliced
- 300g beetroot, peeled and finely sliced
- 300g celeriac, peeled and finely sliced
- 400ml double cream
- 2 tbsp wholegrain mustard
- Pinch freshly grated nutmeg
- 50g gruyère, grated

FOR THE SALAD

- 1 tbsp clear honey
- 1 tbsp dijon mustard

- ½ tbsp sherry vinegar
- ½ tbsp white wine vinegar
- 3 tbsp extra-virgin olive oil
- Squeeze lemon juice
- 300g mixed peppery, bitter salad leaves, such as frisée, mizuna, mustard leaves or rocket

1. Heat the oven to 180°C/fan160°C/gas 4. Grease a 2 litre ovenproof dish with the butter, then cover the base with half the potato slices arranged in 2 layers. Top with half the sliced beetroot, all the sliced celeriac, then the remaining beetroot, seasoning lightly between each layer. Finish with 2 layers of the remaining potato slices.

2. Mix the cream, mustard, nutmeg and

gruyère together in a jug, then pour over the layered vegetables. Bake for 1 hour 30 minutes until the top is golden and the vegetables are tender when pierced with a knife.

3. Meanwhile, make the salad. In a large bowl, whisk together the honey, mustard and vinegars. Season well, then whisk in the oil. Whisk in the lemon juice to taste. Pour half the dressing from the bowl into a jug. Just before serving, add the salad to the bowl and toss well, then add more dressing to taste. Serve the salad with the gratin.

PER SERVING (FOR 6) 673kcal, 51.2g fat (26.4g saturated), 9.6g protein, 43.1g carbs (16.9g sugars), 1.2g salt, 7.6g fibre

Spicy leek and white bean stew [v]

SERVES 4

**TAKES 20 MIN TO MAKE,
30 MIN TO COOK**

- Olive oil for frying
- 1 large onion, finely sliced
- 2 garlic cloves, crushed
- 4 leeks, cut into large chunks
- 2 tbsp harissa paste
- 400g tin chopped tomatoes
- 300ml vegetable stock
- 2 x 400g tins cannellini beans, drained and rinsed
- Juice 1 lemon
- Large handful chopped fresh parsley
- Fresh crusty bread to serve

1. Heat a little olive oil in a casserole, add the onion and fry gently over a low heat for 5 minutes until softened. Add the garlic and the leeks to the pan and cook for a further minute. Stir in the harissa paste, chopped tomatoes and the vegetable stock. Bring to a simmer, season, then cook for 20 minutes.

2. Add the cannellini beans, then simmer for a further couple of minutes. Taste and adjust the seasoning, then stir

in the juice of 1 lemon and a large handful of chopped fresh parsley. Serve with plenty of fresh crusty bread to mop up the juices.

PER SERVING 211kcal, 4g fat (0.5g saturated), 12.9g protein, 30.2g carbs (7.1g sugars), 0.1g salt, 14g fibre

NEXT TIME TRY...

Butter beans would work well in place of the cannellini beans. Mop up the juices with plenty of fresh crusty bread.





KNOW-HOW

Buy fresh borlotti beans in greengrocers/delis when in season. Or use 2 x 400g tins borlotti beans, drained, and skip step 1.

Borlotti and butter beans with sage, tomato and garlic [v]

SERVES 4

TAKES 45 MIN TO MAKE,
ABOUT 1 HOUR TO COOK

- About 1.2kg fresh borlotti beans, shelled (600g shelled weight; see tip)
- 100ml extra-virgin olive oil, plus extra for drizzling
- 2 onions, sliced
- 3 garlic cloves
- Good pinch chilli flakes (optional)
- Small bunch fresh sage leaves, half roughly chopped
- 600g vine tomatoes, roughly chopped
- Pinch sugar (optional)
- 400g runner beans, strings removed, sliced diagonally
- 200-300ml vegetable stock

- Small bunch fresh oregano leaves, roughly chopped
- Good dollop mascarpone

1. Put the shelled borlotti beans in a large pan of water. Bring to the boil, then turn down the heat and simmer for 25-40 minutes until tender. Drain and set aside.

2. Heat the oil in a large sauté pan, then fry the onions gently for 10 minutes until soft but not coloured. Add the garlic, chilli flakes (if using) and whole sage leaves, then cook for a few minutes more. Add the tomatoes, taste, then add the sugar if needed. Bring to a simmer, then cook for 5-10 minutes, stirring, until reduced. Add the borlotti and runner beans with 200ml stock and

bring to a gentle simmer, then cook for another 8-10 minutes until the borlotti beans are just beginning to fall apart and the runner beans are tender. You may need to add a little more stock – the stew should be saucy but not soupy.

3. Stir through most of the chopped sage and oregano, then stir in the mascarpone. To serve, drizzle with oil, scatter over the remaining herbs, then spoon into bowls. This dish goes well with a hunk of crusty bread on the side.

PER SERVING 390kcal, 26.5g fat (6.7g saturated), 14.1g protein, 24.2g carbs (12.7g sugars), 0.2g salt, 17.9g fibre



Pappa al pomodoro [v]

SERVES 4

**TAKES 20 MINS TO MAKE,
20 MINS TO COOK**

- Large bunch fresh basil
- 2kg vine-ripened tomatoes
- 120ml extra-virgin olive oil, plus extra 5 tbsp to serve
- 6 fat garlic cloves, 1 left whole, the rest finely chopped
- 1 tsp caster sugar (optional – use only if your tomatoes lack sweetness)
- 4 x 2cm thick slices rustic white bread
- 12 good-quality black olives, pitted and cut lengthways into shards
- 65g good quality parmesan (or vegetarian alternative), finely grated

1. Separate the basil leaves from the stalks and finely chop the stalks. Cut away and discard the centre of each tomato, put in a heatproof bowl and cover with boiling water for 30 seconds until the skins split, then drain and peel. Cut into small chunky pieces.

2. Put the 120ml olive oil in a large pan with the 5 chopped garlic cloves and set over a medium heat. As soon as the garlic sizzles, add the chopped basil stalks, lower the heat and cook gently for 1 minute, without browning the garlic.

3. Add the tomatoes and sugar (if using). Cook gently for a few minutes, stirring now and then. Good tomatoes should release enough juice but if you don't get a soupy consistency after 3-4 minutes, add up to 300ml water. Bring to a

simmer and cook gently for 5 minutes.

4. Lightly toast both sides of the bread. Halve the remaining garlic clove and rub over all sides. Break the toast into pieces among 4 warmed soup plates, drizzle each with 1 tbsp olive oil and sprinkle with a little salt.

5. Tear the basil leaves into pieces and stir into the soup with salt and black pepper to taste. Ladle into the bowls and scatter with the olives. Drizzle over the remaining olive oil and sprinkle with the parmesan or vegetarian alternative. Serve warm-hot rather than scalding.

PER SERVING 553kcal, 43.7g fat (8.9g saturated), 11.8g protein, 30g carbs (9.6g sugars), 1g salt, 4.8g fibre

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Pies

Just what is it that makes a pie the ultimate in comfort food? Could it be breaking through the crisp layers of pastry or piping hot potato crust? Or the promise of the juicy, satisfying filling that lies beneath? We reckon it's a mixture of the two and have rounded up 18 of the best pie recipes, in which crust and filling combine to bring you pie perfection

Creamy chicken pot pies

SERVES 4

TAKES 20 MINUTES TO MAKE,
60-65 MINUTES TO COOK

- 2 tbsp olive oil
- 130g British free-range smoked streaky bacon, finely sliced
- 1 large banana shallot, finely chopped
- 2 medium leeks, finely sliced
- 1 garlic clove, crushed
- 1 tbsp plain flour
- 200g leftover roast chicken, shredded (see tip)
- 150ml dry white wine
- 250ml chicken stock or leftover gravy
- 2-3 fresh thyme sprigs, leaves stripped
- 75ml double cream
- 2 tbsp chopped fresh flatleaf parsley
- 375g ready-rolled puff pastry
- 1 medium free-range egg, beaten
- Mash and seasonal vegetables to serve

1. Heat the oil in a large pan and fry the bacon for 5 minutes until starting to crisp. Remove with a slotted spoon. In the same pan, gently fry the shallot and leeks for 5-7 minutes until soft. Add the garlic and fry for 2 more minutes.

2. Return the bacon to the pan over a medium heat, stir in the flour and cook for 1 minute, then add the chicken, wine, stock and thyme. Season, then cover and simmer for 15 minutes. Allow to cool, then stir in the cream and parsley.

3. Heat the oven to 200°C/fan180°C/gas 6. Divide the filling among 4 x 250ml pie dishes. Lay out the pastry and cut out 4 pieces to sit comfortably over each dish, reserving the trimmings. Brush the edges of each dish with beaten egg, then cover with the pastry pieces. Brush with more egg, make a slit in the centres and decorate with the trimmings as you like. Bake for 35-40 minutes. Serve with mash and seasonal vegetables.

PER PIE 719kcal, 45.8g fat (19.1g saturated), 29.3g protein, 37.2g carbs (3.4g sugars), 2.1g salt, 2.3g fibre



**NO LEFTOVER
CHICKEN?**

Chop a large skinless
chicken breast, then fry in
a little oil for 4-5 minutes.

Smoky chicken and bean pot pies with a cornmeal crust

SERVES 4-6

TAKES 30 MIN TO MAKE,
45 MIN TO COOK, PLUS CHILLING

- 2 tbsp sunflower oil
- 8 free-range skinless, boneless chicken thighs, cut into 2cm cubes
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp ground cumin
- 1 tbsp smoked paprika
- 150g cooking chorizo, roughly chopped
- 1 long green chilli, deseeded and finely chopped
- 1 red pepper, deseeded and diced
- 400g tin chopped tomatoes
- 420g tin red kidney beans in chilli sauce

FOR THE PASTRY

- 250g plain flour, plus extra for dusting
- 50g coarse grain polenta
- 100g cold unsalted butter, cubed
- 2-3 tbsp ice-cold water
- 1 free-range egg, beaten, to glaze

1. Heat the sunflower oil in a large saucepan over a medium-high heat. Cook the chicken until browned all over (you may need to work in batches). Remove with a slotted spoon and set aside.

2. Lower the heat, add the onion to the pan and cook for 5 minutes or until softened. Stir in the garlic, cumin, smoked paprika and chorizo. Cook for a few minutes, then add the chopped green chilli and red pepper. Stir in the tomatoes and kidney beans in chilli sauce, then return the chicken to the pan. Season well. Spoon into 4 x 500ml (or 6 x 350ml) individual pie pots or

dishes and set aside to cool.

3. Meanwhile, make the pastry. Put the flour, polenta and a good pinch of salt in a large bowl and add the butter. Use your fingertips to rub the butter into the flour until the mixture resembles coarse breadcrumbs. Slowly add the ice-cold water, 1 tbsp at a time, stirring it in with a round-bladed knife. When the dough just sticks together, tip the pastry onto a lightly floured surface and bring together to form a smooth ball, kneading gently. Wrap in cling film, then chill for at least 15 minutes.

4. Roll the pastry out on a lightly floured surface, divide into 4 (or 6) equal pieces, then roll out again until slightly larger than the tops of the pie dishes. Wet the edges of the dishes with water, then cover with the pastry, pressing at the edges to seal, then crimping with a fork. Make two slits in the top of each to let the steam escape.

5. Heat the oven to 200°C/fan180°C/gas 6. Brush the pie tops with beaten egg and bake for 20-25 minutes until the pastry is crisp and golden.

PER PIE (FOR 6) 623kcal, 28.8g fat (12.8g saturated), 37g protein, 54.7g carbs (9g sugars), 1.3g salt, 6.8 fibre

NEXT TIME TRY ...
...swapping the chorizo for finely chopped chestnut mushrooms. They will give the pie a lighter flavour.



NEXT TIME...

If blue cheese isn't your thing, try mature cheddar, gruyere or taleggio, and try using thyme or sage instead of rosemary



Turkey, leek and blue cheese mashed potato pie

SERVES 6

**TAKES 20 MIN TO MAKE,
1 HOUR TO COOK**

- 70g British free-range smoked pancetta or smoked bacon, sliced
- 25g unsalted butter, plus extra to dot
- 1 small onion, finely sliced
- 2 leeks, finely sliced
- 2 fat garlic cloves, crushed
- 400g leftover roast turkey (use leg and breast meat), torn into pieces – or use 400g cooked free-range chicken breasts
- 2 tbsp plain flour
- 100ml crème fraîche
- 150ml fresh chicken stock
- 175g blue cheese, such as blue vinny, stichelton or stilton, crumbled
- 3 fresh rosemary sprigs, leaves picked and finely chopped
- 800g cold leftover mashed potato (or 900g floury potatoes, peeled and simmered until really tender, then mashed with 4-5 tbsp cream, a good knob of butter and lots of seasoning)
- Steamed greens to serve

1. Heat the oven to 200°C/fan180°C/gas 6. Fry the pancetta or bacon in a dry frying pan until crisp, then remove to a large bowl using a slotted spoon. Add the butter to the pan and, when it's foaming, add the onion and leeks. Soften over a low heat for 15 minutes, then stir

through the garlic and cook for 1 minute more. Add to the pancetta/bacon and stir together, then set aside to cool.

2. Stir the turkey through the cooled onion, leek and pancetta/bacon mixture along with the flour, crème fraîche and stock, 150g of the blue cheese and the chopped rosemary. Season with black pepper and a pinch of salt.

3. Spoon into a 1.5 litre ovenproof dish, then top with mashed potato, using a fork to create peaks. Dot with butter and the remaining cheese. Bake for 40 minutes until the top is golden. Serve with steamed greens.

PER SERVING 517kcal, 30.1g fat (18.2g saturated), 35.9g protein, 25.2g carbs (3g sugars), 1.3g salt, 3.5 fibre

Sunday lunch chicken pie

SERVES 6-8

TAKES 30 MIN TO MAKE,

1 HOUR 55 MIN TO COOK,

PLUS CHILLING AND COOLING

- 1.8kg free-range chicken
- 10 baby carrots, trimmed
- 2 or 3 parsnips, peeled and cut into quarters lengthways
- 200g baby new potatoes
- 1 garlic bulb, cloves separated
- 2-3 tbsp olive oil
- Handful fresh lemon thyme or thyme, leaves stripped
- 1 lemon
- 1 tbsp plain flour
- 150ml dry white wine
- 250ml fresh chicken stock
- 1 tbsp dijon mustard
- 3 tbsp crème fraîche
- 150g frozen peas
- 1 free-range egg, beaten, to glaze

FOR THE PASTRY

- 1 large baking potato (about 200g) or 200g leftover mashed potato
- 200g plain flour, plus extra to dust
- 100g cold unsalted butter, cubed
- 25g cold lard, cubed
- 1 medium free-range egg yolk

1. Heat the oven to 200°C/fan180°C/gas 6. Season the chicken and put it in a large roasting tin. Toss the carrots,

parsnips, potatoes and garlic in a bowl with the olive oil and season well. Mix through half the thyme and tumble into the roasting tin around the chicken.

2. Tuck the rest of the thyme inside the chicken's cavity. Halve the lemon and squeeze the juice over the chicken, then push the halves inside. Roast for 50 minutes to 1 hour or until cooked, then transfer the chicken to a warm place to rest under foil, retaining any juices. Roast the veg for 15-20 minutes more.

3. Meanwhile, for the pastry, bake the potato (if using) for 1 hour until tender. Halve, scoop out the flesh, then cool.

4. Sift the 200g flour into a bowl with a good pinch of salt. Quickly rub the butter and lard into the flour with your fingertips until it resembles breadcrumbs (or do this in a food processor). Mix in the potato. Quickly mix in the egg yolk until the mixture just starts to come together, then knead briefly on a dusted work surface. Shape into a disc, wrap in cling film and chill for 20-30 minutes.

5. In a pan, whisk 1 tbsp fat from the roasting juices with the 1 tbsp flour over a low heat and cook for 1-2 minutes. Stir in the wine, then bubble until the liquid has reduced by a third. Add the stock and any juices from the resting chicken, then simmer for a couple of minutes. Whisk in the mustard and crème fraîche, then taste and season. Set aside.

6. Shred the chicken and put it, including the skin if you like, in a 1.8-2 litre pie dish with the roasted veg and frozen peas. Add the gravy and mix well. Add a pie funnel if you like.

7. Roll the pastry out on a lightly floured surface to the thickness of a pound coin and use to cover the pie. Use any trimmings to decorate the top of the pie, then glaze well with beaten egg. Bake in the oven for 35-40 minutes until golden brown, then serve.

PER SERVING (FOR 8) 577kcal, 25.8g fat (11.9g saturated), 40.4g protein, 44g carbs (8.2g sugars), 0.6g salt, 7.8g fibre



Pheasant pie

SERVES 6

**TAKES 30 MIN TO MAKE ,
1 HOUR 10 MIN TO COOK, PLUS
COOLING**

- 3 tbsp plain flour
- 3 pheasants, meat removed and bones discarded (or used to make stock), or 8 pheasant breasts, cut into large pieces – see tip
- 3-4 tbsp olive oil
- 100g British free-range streaky bacon, finely chopped
- 200g button mushrooms
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 15g unsalted butter
- 100ml madeira
- 250ml fresh chicken stock
- 4-5 juniper berries, lightly crushed
- Few fresh thyme sprigs, leaves picked
- Water or milk for brushing
- 1 medium free-range egg, beaten
- Mashed potato and peas to serve

FOR THE PASTRY

- 225g plain flour, plus extra for dusting
- 25g semolina
- 100g cold unsalted butter, cubed
- 1 medium free-range egg yolk
- 1-2 tbsp ice-cold water

YOU WILL ALSO NEED

- 1-4 ceramic bird pie funnels

1. To make the pastry, sift the flour and semolina with a good pinch of salt, then rub in the butter with your fingers (or pulse in a food processor) until it resembles breadcrumbs. Mix in the egg yolk and just enough ice-cold water to bring the dough together (1-2 tbsp). Shape into a disc, wrap in cling film and chill.

2. Put 2 tbsp of the flour in a bowl, season, then add the pheasant meat to dust. Heat a little of the olive oil in a heavy-based frying pan. Brown the pheasant meat in batches, adding more oil if needed, then set aside in a bowl.

3. Add the bacon to the pan and fry for a couple of minutes until almost crisp, then add the mushrooms and fry for

2 more minutes. Remove the mushrooms and bacon with a slotted spoon and set aside in the bowl with the pheasant. Add 1 tbsp oil to the pan and gently fry the onion for 5 minutes, then add the garlic and cook for a further minute or until softened. Remove with a slotted spoon and add to the bowl.

4. Melt the butter in the pan and stir in the remaining flour. Slowly add the madeira and stock, stirring continuously until it forms a smooth sauce. Add the juniper berries and thyme, then simmer for 1-2 minutes, stirring to deglaze the pan. Stir the sauce into the bowl. Cool.

5. Heat the oven to 200°C/fan180°C/gas 6. Spoon the cooled pheasant mixture into a 2 litre pie dish and season well. Nestle a pie funnel (or several, if you want to re-create the look of our pie) into the centre of the dish.

6. On a lightly floured surface, roll out the pastry until it is a little larger than the dish and the thickness of a pound coin. Brush the rim of the pie dish with a little water or milk, then cover the dish with the pastry, cutting a small slit to allow each pie funnel to poke through, if using. If you don't have any pie funnels, cut 2 or 3 small slits in the pastry to allow steam to escape. Roughly trim the edges and crimp.

7. Brush the pastry with beaten egg, then re-roll the trimmings and cut out small birds to decorate the pie (optional). Brush with more egg, then bake for 40-45 minutes until golden. Serve with mashed potato and peas.

PER SERVING 773kcal, 44.1g fat (18.3g saturated), 47.5g protein, 39.4g carbs (3.3g sugars), 1.2g salt, 2.3g fibre

FOOD TEAM'S TIP

If you can, buy whole birds and remove their meat (or ask your butcher to do it for you). Your pie will benefit from the flavour of the dark leg meat.



Chicken, ham, chorizo and herb raised pie

SERVES 15

TAKES 2 HOURS TO MAKE, 2 HOURS TO COOK, PLUS COOLING AND OVERNIGHT CHILLING

- Butter for greasing
- 500g unsmoked British free-range gammon, excess fat trimmed, cut into 1-2cm dice
- 500g free-range skinless chicken breasts, cut into 1-2cm dice
- 250g chorizo, cut into 1-2cm dice
- 4 fresh rosemary sprigs, leaves finely chopped
- 4 tbsp fresh oregano leaves, finely chopped
- 2 garlic cloves, crushed
- Zest 2 lemons
- 1 tsp flaked sea salt
- Generous grinding black pepper
- 1 medium free-range egg, beaten, for brushing

FOR THE PASTRY

- 500g plain flour, plus extra to dust
- 1 tsp fine salt
- 1 medium free-range egg
- 80g unsalted butter
- 80g lard

FOR THE JELLY

- 400ml fresh light chicken stock
- 8 whole peppercorns
- 1 garlic clove
- 3 fresh thyme sprigs
- 2 bay leaves
- 4 gelatine leaves (we used Costa Fine Leaf, from Waitrose – see tip)
- 3 tbsp very finely chopped fresh parsley

YOU WILL ALSO NEED

- 1.5 litre (28cm x 13cm) terrine
- Digital probe thermometer
- A funnel for pouring in the jelly

1. Butter the terrine, then line the base with a strip of folded foil, leaving the ends overhanging the ends of the terrine.

2. In a large bowl, combine all the diced meat, herbs, garlic, lemon zest and seasoning. Set aside.

3. For the pastry, put the flour and salt into a heatproof bowl, make a well in the centre, crack in the egg, then cover it with the flour. Put the butter and lard in a pan with 200ml water and bring to the boil. Pour onto the flour, mixing well with a knife to combine. When cool enough to handle, knead the pastry on a floured work surface until smooth. Shape into a disc, cover loosely, then leave for 20-30 minutes until lukewarm.

4. Reserve a third of the pastry, wrapped in cling film, for the lid. Roll out the rest on a floured work surface to about 40cm x 25cm x 0.5cm thick, then use to line the terrine, pressing well into the corners and leaving a little overhang all round. Make sure none of the pastry corners are too thin or it will crack. Chill in the fridge, uncovered, for 20-30 minutes until firm.

5. Meanwhile, heat the oven to 190°C/fan170°C/gas 5. Once the pastry has hardened, fill it with the meat mixture, pressing down firmly.

6. Unwrap the reserved pastry and roll out to just larger than the top of the pie. Brush the edges of the filled pie with beaten egg, then lay the lid over, squeezing the edges together to seal. Using a sharp knife, trim any overhang to make a neat edge.

7. Crimp the pastry rim if you like, then cut 3 steam holes, about 2cm in diameter – one in the centre and one at each end. Decorate the top with any pastry trimmings, brush with more egg, then put in the oven in a roasting tin for 20 minutes. Lower the oven temperature to 170°C/fan150°C/gas 3½. Bake for a further 1 hour 15-20 minutes until a digital thermometer pushed into the middle through a steam hole reads 65°C.

8. Remove from the oven and tip the pie up carefully until almost vertical, so the juices run out of the lowest steam hole into the roasting tin. Repeat at the other end. Once you've poured off nearly all the juices (discard them), leave the pie to cool, then chill, uncovered, overnight.

9. Next day, make the jelly. Bring the stock, peppercorns, garlic and herbs to a simmer, take off the heat and leave to infuse for 20 minutes, then strain.

Meanwhile, soak the gelatine leaves in cold water until soft, then squeeze out and add to the warm strained stock, stirring to dissolve. (If it has cooled too much, reheat it gently.) When the gelatine has dissolved, leave to cool to room temperature (it won't solidify yet), then stir in the chopped parsley.

10. Using the foil strip, carefully lift the pie from the terrine and onto a chopping board. (If it won't come out easily, put the terrine in a roasting tin of freshly boiled water for a few seconds, then try again.) Once out, clean out the steam holes with a small knife. Slowly pour the stock into each steam hole using a funnel (you may not use it all).

11. Chill the pie for at least 2 hours to set the jelly. To serve, bring it to room temperature, then slice. It will keep in the fridge for up to 3 days.

PER SERVING (FOR 15) 355kcal, 17.8g fat (8.1g saturated), 27g protein, 25.4g carbs (1g sugars), 2.6g salt, 1.5g fibre

GELATINE TIP

If you're using a different brand of gelatine leaves, follow the instructions on the back of the packet for the amount of liquid you're using.

MEAT



Creamy pork and mushroom pie

SERVES 4

TAKES 20 MIN TO MAKE,
50-60 MIN TO COOK

- 2 tbsp olive oil
- 1 large onion, sliced
- 1 garlic clove, crushed
- 2 fresh thyme sprigs, leaves picked
- 750g British free-range pork leg, cubed
- Knob of butter
- 250g chestnut mushrooms
- 1 tbsp plain flour
- 100ml chicken stock
- 100ml double cream
- Zest 1 lemon
- Milk for brushing
- 375g pack ready-rolled puff pastry

1. Heat the oven to 200°C/fan180°C/gas 6. Heat 1 tbsp of the olive oil in a pan and fry the onion for 5 minutes. Add the garlic and the thyme leaves. Cook for a few minutes, then transfer to a 1.2 litre ovenproof dish.

2. Heat the rest of the olive oil and brown the pork pieces for a few minutes, then add to the dish. Melt the butter in the pan and cook the chestnut mushrooms for a few minutes. Add to the pork and onions and mix with the plain flour.

3. In a jug, mix the chicken stock with

the double cream and lemon zest. Season well and pour into the dish.

4. Brush the edges of the dish with milk. Unroll the puff pastry and place on top of the dish. Trim the edges and press to seal the dish. Use the pastry trimmings to decorate the top of the pie. Brush with milk and bake for 30-40 minutes until golden brown. Serve with mash and greens, if you like.

PER SERVING 819kcal, 51.5g fat (24.3g saturated), 49.9g protein, 42.1g carbs, 4.1g sugar, 1.2g salt





NEXT TIME...

To pep up the flavour of this easy dish add chopped, smoked bacon or cooking chorizo, diced and fried.

Shepherd's pie with garlicky kale mash

SERVES 4

**TAKES 15 MIN TO MAKE,
50 MIN TO COOK**

- 2 tbsp olive oil
- 1 onion, finely chopped
- 400g lamb mince
- 400g tin chopped tomatoes
- 1 tsp dried herbes de Provence
- 400g tin baked beans
- 800g floury potatoes, such as maris piper, chopped into large pieces
- 2 large garlic cloves, peeled
- 50g kale (or other green leafy veg), central stems removed, leaves shredded

- Knob of butter
- Dash milk (optional)

1. Heat the oven to 200°C/fan180°C/gas 6. Heat the oil in a sauté pan, add the onion and mince, season and fry for 10 minutes until browned, breaking up with a wooden spoon. Add the tomatoes, herbs and 400ml water. Bring to a boil, then simmer for 20 minutes. Add the baked beans and stir in, then spoon into a 1.5 litre pie dish.

2. Meanwhile, put the potatoes and garlic in a large pan of cold, salted water, bring to the boil, then cook for 10 minutes or until the potatoes are

really tender. Remove the garlic and potatoes with a slotted spoon and set aside. Cook the kale in the potato water for 3-4 minutes until tender, then drain well. Pass the potato and garlic through a potato ricer or mash well. Add a knob of butter (and a dash of milk, if you wish) and seasoning, then stir in the kale.

3. Spoon the mash over the mince, creating peaks, which will crisp up and brown in the oven. Bake for 20 minutes until piping hot and golden brown on top.

PER SERVING 536kcal, 22.8g fat (8.7g saturated), 30.3g protein, 52g carbs (11.4g sugars), 1.8g salt, 10.1g fibre

Chinese-spiced beef pie

SERVES 6

TAKES 2 HOURS 20 MIN TO MAKE,
35-40 MIN TO COOK, PLUS COOLING

- 2 tbsp vegetable oil
- 1 large onion, finely chopped
- 3 garlic cloves, finely chopped
- 1kg good-quality stewing beef such as chuck steak, cubed
- 1½ tbsp szechuan peppercorns
- 25g plain flour, plus extra for dusting
- 4 medium potatoes, cut into large cubes
- 4 star anise
- 1 cinnamon stick
- 4cm fresh ginger, finely chopped
- 100ml light soy sauce
- 4 tbsp dark soy sauce
- 3 whole large red chillies
- 2 tbsp dark muscovado sugar

FOR THE PASTRY

- 300g plain flour, plus extra for dusting
- 100g butter, cut into cubes
- 1 medium free-range egg, beaten, to glaze
- 2 tsp sesame seeds
- 4-5 tbsp ice-cold water

1. Heat 1 tbsp of the oil in a large flameproof casserole, then cook the onion and garlic over a medium heat for a few minutes until starting to soften. Remove with a slotted spoon and set aside. Turn up the heat and add the remaining oil to the casserole. Brown the meat all over, in batches, over a high heat for a few minutes, then remove from the pan and set aside.

2. Finely crush the szechuan peppercorns in a pestle and mortar, then add the flour. Cook the spiced flour in the casserole for a few seconds. Return the meat and onions to the dish and toss everything together.

3. Add the remaining ingredients to the casserole, then cover with 400ml water. Stir everything, bring to a simmer, then cook, covered, over a very low heat for

1½ hours until the meat is tender and the sauce is thickened and glossy. Remove from the heat and cool.

4. Meanwhile, make the pastry. Mix the flour with a good pinch of salt in a bowl, then add the butter. Use your fingertips to rub the butter into the flour until the mixture resembles fine breadcrumbs. Slowly add ice-cold water, 1 tbsp at a time, stirring it in with a round-bladed knife, until the dough just sticks together. Turn it out onto a lightly floured surface and knead lightly into a ball. Wrap in cling film and chill in the fridge for at least 15 minutes.

5. Transfer the cooled filling to a 2 litre pie dish. Roll out the pastry on a lightly floured surface until it is about 2.5cm larger than the pie dish. Put a pie funnel in the centre of the filling (it will support the pastry and stop it sinking and becoming soggy). Moisten the edges of the dish with a little water to help the pastry stick. Lay the pastry over the top of the dish, pressing down well on the edges to seal – don't make a hole in the centre for the pie funnel just yet. Trim any excess pastry, then crimp the edges with a fork or between your thumb and forefinger.

6. Heat the oven to 200°C/fan180°C/gas 6. Brush the pastry with beaten egg and sprinkle with sesame seeds. Make a hole in the centre of the pastry to allow the steam to escape. Bake for 35-40 minutes until crisp, golden and hot.

PER SERVING 724kcal, 27.8g fat (12.6g saturated), 48.7g protein, 71.7g carbs (9.9g sugars), 5.4g salt, 5.3g fibre

MAKE AHEAD

Wrap in cling film and foil after step 5, then freeze for up to 3 months. To serve, defrost overnight in the fridge, then continue with the recipe.



Beef and ale raised pies

MAKES 6 PIES

**TAKES 1 HOUR TO MAKE,
3 HOURS 20 MINUTES TO COOK,
PLUS CHILLING**

- 2 tbsp olive oil, plus extra for greasing
- 2 onions, finely chopped
- 3 garlic cloves, finely chopped
- 800g British stewing/braising steak, cubed
- 2 tbsp flour, seasoned with salt and pepper
- 3 fresh thyme sprigs
- 1 fresh bay leaf
- 350ml dark ale
- 250ml beef stock
- 2 tsp English mustard
- 2 tbsp Worcestershire sauce

FOR THE HOT WATER CRUST PASTRY

- 80g unsalted butter, cubed
- 80g lard, cut into small pieces
- 450g plain flour, plus extra for dusting
- 1 tsp salt
- 2 large free-range eggs, beaten, plus 1 free-range egg, beaten, to glaze

1. For the pastry, put the butter, lard and 150ml water in a pan and bring to the boil, making sure the lard and butter have melted. Meanwhile, sift the flour and salt into a bowl and make a well in the centre. Add the 2 beaten eggs to the well and sprinkle over enough flour to cover the egg. Pour the just-boiled butter and water mixture around the edge of the flour and mix quickly with a wooden spoon until combined and smooth. Tip onto a floured work surface and – taking care it's not too hot – knead briefly, then wrap in cling film and rest in the fridge for at least 30 minutes.

2. Meanwhile, gently heat 1 tbsp of the oil in a large pan and cook the onions and garlic for 10 minutes until soft but not coloured. Remove with a slotted spoon and set aside. Toss the steak in the flour, add to the pan along with the remaining oil, increase the heat and brown all over, in batches if necessary.

3. Return the softened onion and garlic to the pan with all the steak. Add the

thyme and bay leaf, pour over the ale and stock, then stir in the mustard and Worcestershire sauce. Bring to the boil, cover, then simmer gently for about 1 hour 45 minutes until the meat is tender. Remove and discard the bay leaves and thyme sprigs. Transfer the pie filling to a bowl and cool completely.

4. Heat the oven to 200°C/fan180°C/gas 6. Reserve one-third of the pastry for lids, re-wrap in cling film and keep in the fridge. Divide the rest into 6 equal pieces. Roll or press the dough out on a lightly floured surface into 17cm circles. Lightly grease 6 x 220ml metal pudding basins with oil. Line each one with a pastry circle, using your fingers to press it evenly around the sides – work the pastry up over the edge.

Chill uncovered in the fridge for 40 minutes to harden the pastry.

5. Divide the cooled filling among the cases. Take the reserved pastry and divide into 6. Roll/press each piece out to a circle large enough to make a lid. Poke a couple of knife slits in the centre of each (for steam to escape). Dampen the edges of the pastry with water. Lay the circles over the cases and seal all around the edge with your fingers. Crimp the edges and brush the tops all over with beaten egg.

6. Bake for 40 minutes (covering with foil if the pastry tops brown too quickly) until the pastry is golden and crisp, and the filling is piping hot. Remove from the oven and rest for 5 minutes. Carefully remove from the moulds. Serve with celeriac mash (see below).

PER SERVING 777kcal, 37.3g fat (15.8g saturated), 44.4g protein, 64.9g carbs (5.8g sugars), 1.6g salt, 4.3 fibre

CELERIAC MASH

Boil 450g each of potato and celeriac chunks until soft. Drain and leave to dry briefly. Mash with 3 tbsp milk and 50g butter. Taste and season well.



Beef and mushroom pie

SERVES 6

**TAKES 30 MIN TO MAKE,
2 HOURS 40 MIN TO COOK, PLUS
SOAKING AND CHILLING**

- 25g dried porcini mushrooms
- 150ml boiling water
- 40g plain flour, plus extra to dust
- 900g British stewing or braising steak, such as blade or chuck, cut into 3-4cm chunks
- 5 tbsp sunflower oil
- 300ml beef stock, hot
- 25g unsalted butter
- 350g button mushrooms, halved
- 2 medium onions, halved and sliced
- 1 tbsp sugar
- 4 fat garlic cloves, crushed
- 300ml brown ale
- 1 tsp tomato purée
- 3 large fresh thyme sprigs, leaves picked
- 3 tbsp Worcestershire sauce
- 500g chilled all-butter puff pastry
- 1 medium free-range egg, beaten, to glaze

1. Put the dried mushrooms in a small bowl and pour over the boiling water. Keep them submerged using a saucer, then leave for 20 minutes.

2. Meanwhile, season the flour with $\frac{1}{2}$ tsp salt and some pepper, then toss with the beef in a bowl until well coated. Heat 3 tbsp of the oil in a large, flameproof casserole, then fry the beef, in 2 batches, over a high heat until nicely browned all over. Lift onto a plate. Add the stock to the pot, then scrape the base with a wooden spoon to lift off all the browned bits. Tip the stock into a jug and set aside. Wipe the pot clean.

3. Drain the mushrooms and squeeze out as much of the water as you can, reserving the soaking liquid. Heat half the butter in the pot, add the button mushrooms, then fry briskly over a high heat for 2 minutes. Set aside with the beef. Add the rest of the oil and butter, the onions and sugar to the casserole and cook over a medium-high heat for 20 minutes, stirring frequently, until well browned. Add the garlic and soaked mushrooms

and cook for 1 minute. Add the mushroom soaking liquid and simmer until thick and gloopy.

4. Stir any remaining flour from the bowl into the onions, then the beef stock, brown ale, tomato purée, thyme and Worcestershire sauce. Bring to the boil, stirring. Add the beef and button mushrooms, season, part-cover (almost completely), then simmer gently for $1\frac{1}{2}$ hours or until the beef is just tender and the sauce has reduced and thickened. Leave to cool.

5. Meanwhile, roll out the pastry on a lightly floured surface, then put a 1.75 litre pie dish upside-down in the centre. Cut out a lid 2.5cm larger than the top of the dish. Also cut out a large star using a pastry cutter. Brush the underside of the star with beaten egg and position it in the centre of the lid, then cut a small cross in the centre of the star.

6. Spoon the filling into the pie dish and brush the underside and top of the dish's rim with beaten egg. Put a pie funnel in the centre of the dish. Lay over the pastry so the funnel pokes through the cross, then press the pastry well onto the top and underside of the rim to make a good seal. If you don't have a funnel, just make a hole. Chill for 30 minutes.

7. Heat the oven to 200°C/fan180°C/gas 6. Brush the top of the pie with beaten egg, then bake for 30-35 minutes until the top is golden and the filling is bubbling hot.

PER SERVING 742kcal, 42.8g (16.7g saturated), 44.9g protein, 42.7g carbs (8.3g sugars) 1.2g salt, 2.6g fibre

SMALLER PIES...

For individual pies, spoon the filling into 6 x 350ml dishes in step 6. Top each with 175g puff pastry, make small slits in the centres, then bake as in step 7.

MEAT





Balti pie

SERVES 4
TAKES 20 MIN TO MAKE,
1 HOUR 40 MIN TO COOK

- 1 tbsp olive oil
- 500g British beef mince
- 1 large onion, roughly chopped
- 2 green peppers, roughly chopped
- 2 medium carrots, roughly chopped
- 1kg sweet potatoes, roughly chopped
- 150ml soured cream
- Generous grating whole nutmeg
- ½ x 283g jar balti paste (we like Patak's)
- 410g tin chickpeas, drained
- 100g sultanas
- Large handful fresh coriander, chopped

1. Heat the olive oil in a large non-stick saucepan, add the beef mince, onion, peppers and carrots and cook over a medium heat for 15 minutes, stirring frequently, until the mince has turned golden brown.

2. Meanwhile, boil the sweet potatoes in a large pan of salted water for 10-15 minutes until tender. Drain, then mash with the soured cream and grated nutmeg. Season well with salt and freshly ground pepper.

3. Heat the oven to 200°C/fan180°C/gas 6. Stir the balti paste and 400ml water through the mince mix, add the chickpeas, sultanas and chopped coriander, then simmer for 10 minutes.

4. Spoon into an ovenproof dish, top with the mash, then bake in the oven for 30-35 minutes until piping hot.

PER SERVING 866kcal, 41.1g fat (14.3g saturated), 36.9g protein, 88.9g carbs (39.7g sugars), 2.3g salt, 16g fibre

INCREASE THE HEAT
 If you like your curries spicy, add a whole chopped chilli or two when browning the mince in step 1.



Lighter fish pie

SERVES 6

TAKES 30 MIN TO MAKE,
1 HOUR 10 MIN TO COOK

- 900g floury potatoes, cut into chunks
- 2 tbsp olive oil
- 600ml semi-skimmed milk
- 800g sustainable white fish fillets (mix of undyed smoked and unsmoked)
- 1 tbsp plain flour
- Good grating nutmeg
- 3 tbsp double cream
- 200g jerusalem artichokes, peeled and put in a bowl of water with a squeeze of lemon juice
- 1 leek, white only, finely sliced
- 200g sustainable large raw prawns, peeled
- Handful fresh parsley, finely chopped
- Handful fresh dill, finely chopped

- Zest 1 lemon and squeeze juice
- 25g grated gruyère
- Wilted greens to serve

1. Put the potatoes in a large pan of cold salted water and bring to the boil. Lower the heat, cover, then simmer gently for 15 minutes until tender. Drain, then return to the pan over a low heat for 30 seconds to drive off any excess water. Mash with 1 tbsp olive oil, then season.

2. Put the milk in a large sauté pan, add the fish fillets and bring to the boil. Remove from the heat, cover and stand for 3 minutes. Remove the cooked fish using a fish slice (reserving the poaching milk) and pat dry with kitchen paper. Gently flake into an ovenproof dish, discarding the skin and any bones.

3. Heat the remaining oil in a pan, stir

in the flour and cook for 30 seconds. Gradually stir in 200ml of the reserved milk (discard the rest). Grate in some nutmeg, season, then bubble until thick. Stir in the cream.

4. Heat the oven to 190°C/fan170°C/gas 5. Grate the jerusalem artichokes and add to the dish with the leek, prawns and herbs. Stir the lemon zest and juice into the pan, then pour the sauce over the fish. Mix gently with a wooden spoon.

5. Spoon the mash onto the fish mixture, then use a fork to make peaks, which will crisp and brown as it cooks. Sprinkle over the gruyère, then bake for 35–40 minutes until golden and bubbling. Serve with wilted greens.

PER SERVING 341kcal, 7.3g fat (2.1g saturated), 37.3g protein, 31.6g carbs (3.8g sugars), 1.3g salt, 4.7g fibre



Cullen skink pies

SERVES 4

**TAKES 30 MIN TO MAKE,
55 MIN TO COOK, PLUS CHILLING**

- 600ml whole milk
- 100ml double cream
- 750g thick, sustainable undyed smoked haddock fillet
- 6 black peppercorns
- 1 bay leaf
- 225g floury potatoes, such as maris piper, diced
- 2 small leeks, thinly sliced
- 50g butter
- 50g plain flour, plus extra to dust
- 2 tbsp chopped fresh flatleaf parsley
- 375g chilled puff pastry
- 1 medium free-range egg yolk, beaten

1. Put the milk, cream, haddock, peppercorns and bay leaf in a large pan,

bring to the boil, cover and simmer gently for 7 minutes. Lift the fish out onto a plate to cool, reserving the poaching liquid. When slightly cooled, break into large flakes, discarding the skin and bones.

2. Strain the poaching liquid, return it to the pan and add the potatoes. Bring to the boil, cover and simmer for 8-10 minutes, then add the leeks and simmer for 1-2 minutes more until just cooked. Lift out the vegetables with a slotted spoon and set aside with the haddock.

3. Melt the butter in a clean pan, add the flour and cook gently for 1 minute. Gradually whisk in the cooking liquid and bring back to the boil, stirring constantly. Lower the heat and leave to simmer gently for 5 minutes. Stir in the fish, leeks, potato and parsley, then season. Spoon into 4 x 400ml individual ovenproof dishes or foil trays, each

measuring about 11cm x 14cm. Cool. Chill, covered, in the fridge for 1 hour.

4. Divide the pastry into four. Roll out each piece on a lightly floured surface to form a rectangle slightly larger than the top of the dishes or trays. Cut a thin strip from the edge of each piece, brush with a little water and press onto the rim of each dish or tray. Brush once more with water, then cover with the pastry lid. Press the pastry edges together to seal, trim away any excess pastry. Chill in the fridge for 20 minutes.

5. Heat the oven to 200°C/fan180°C/gas 6. Brush the beaten egg yolk over the top of each pastry lid. Cut a small slit in the centre and bake for 25-30 minutes until the pastry is crisp and golden.

PER SERVING 887kcal, 50.5g fat (27.6g saturated), 55.9g protein, 52.9g carbs (10g sugars), 2.9g salt, 3.4g fibre

DON'T THROW IT!

Brush any leftover pastry strips with butter, sprinkle with grated cheese, then bake until crisp for a pre-dinner nibble.



Leek, potato and gorgonzola tart [v]

SERVES 6

**TAKES 30 MIN TO MAKE,
40 MIN TO COOK, PLUS CHILLING**

- Small knob of unsalted butter
- 3 large leeks, chopped
- 5 fresh thyme sprigs, leaves stripped
- 450g (6 large) new potatoes, diced
- 140g gorgonzola (or vegetarian alternative), crumbled
- 50g walnuts, chopped

FOR THE PASTRY

- 500g plain flour, plus extra for dusting
- 220g cold unsalted butter, cubed
- 2-4 tbsp ice-cold water
- 1 free-range egg, beaten, to glaze

1. To make the pastry, put the flour in a mixing bowl and rub in the butter with your fingertips until the mixture resembles breadcrumbs. Add a good pinch of salt and toss to combine. Gradually add the water and mix until the mixture is just beginning to come together. Shape into a rectangle, wrap in cling film, then chill.

2. Melt the butter for the filling in a large pan over a medium-low heat, then add the leeks and thyme leaves. Season and fry gently, covered, for 10-15 minutes until softened. Remove the pan from the heat.

3. Meanwhile, put the potatoes in a large pan of cold salted water and bring to the boil. Boil for 10 minutes, drain, then add to the leeks and gently stir through. Leave to cool completely, then mix through the

gorgonzola and walnuts. Season.

4. Heat the oven to 200°C/fan180°C/gas 6. Remove the pastry from the fridge and cut in half. On a lightly floured surface, roll out half to the thickness of a £1 coin, then use to line a 20 x 30cm shallow, fluted, loose-bottomed tart tin – it should just drape over the sides. Tip in the cooled filling. Roll out the rest of the pastry, cut into thin strips, then lay them over the filling in a criss-cross (there will be leftovers; see tip). Trim the overhanging pastry with a sharp knife, then brush the lattice well with the beaten egg. Slide onto a baking sheet and bake for 25 minutes until golden. Cool slightly in the tin, then transfer to a board to slice. Serve hot or cold.

PER SERVING 662kcal, 40.3g fat (22.2g saturated), 16.1g protein, 58.6g carbs (3.5g sugars), 0.9g salt, 5.9g fibre

Pumpkin, feta and pine nut filo pie [v]

SERVES 6

TAKES 30 MIN TO MAKE,

1 HOUR 10 MINUTES TO COOK

- 750g pumpkin or squash, peeled and cut into chunks
- 2 garlic cloves, unpeeled
- 3 fresh rosemary sprigs, leaves stripped
- 2 tbsp olive oil, plus extra to brush
- 4 tbsp whole milk
- 1 large free-range egg
- 300g feta
- 2 red chillies, deseeded and chopped
- Zest 1 small lemon
- 35g toasted pine nuts
- 10-12 filo pastry sheets

1. Heat the oven to 200°C/fan180°C/ gas 6. Put the pumpkin or squash, garlic and rosemary into a roasting tray, season well and drizzle with the 2 tbsp olive oil. Roast for 35-40 minutes until tender and caramelised. Remove from the oven and reduce the heat to 180°C/fan160°C/gas 4. Squeeze the garlic out of the skins, then whizz to a smooth paste in a food processor with the pumpkin or squash. Cool slightly, add the milk and egg, then whizz again briefly to combine.

2. Crumble the feta into a bowl, then mix in the chillies, lemon zest and pine nuts. Season well.

3. Brush the base of a large, deep 1.5 litre ovenproof frying pan with olive oil. Brush 2 filo sheets with oil (see tip), then overlap side by side in the base of the pan so they drape over the sides.

Spoon in half the pumpkin mixture and smooth over the base. Oil another 2 filo sheets, layering as before, then scatter half the feta mixture on top. Repeat the layers with more oiled filo and the remaining pumpkin and feta. Fold in the overhanging filo to cover the filling.

4. Crumple the remaining filo sheets over the pie and brush with oil. Bake for 25-30 minutes until crisp. Carefully slide onto a board, slice and serve.

PER SERVING 367kcal, 21.2g fat (8.6g saturated), 15.9g protein, 26.3g carbs (6.1g sugars), 2.4g salt, 1.9g fibre

KNOW-HOW

Brushing filo with oil stops it drying out and crisps it up when cooked. Cover unoled sheets with a damp tea towel.





Kale, chestnut and mushroom pie [v]

SERVES 6
TAKES 15 MIN TO MAKE,
50 MIN TO COOK

- 25g unsalted butter
- 1 onion, finely chopped
- 100g celery, finely chopped
- 2 garlic cloves, finely chopped
- 30g dried porcini mushrooms, soaked for 30 minutes in freshly boiled water
- 300g chestnut mushrooms, chopped
- 10 fresh sage leaves
- 100g cooked vacuum-packed chestnuts, roughly chopped
- 30g plain flour, plus extra to dust
- 350ml whole milk
- 400g kale, central stems removed, leaves shredded

- 375g block all-butter puff pastry
- 1 free-range egg, beaten

1. Heat the oven to 200°C/fan180°C/gas 6. Melt the butter in a large pan over a medium heat. Add the onion, celery and garlic, season, then cover with a lid and cook gently for 10-15 minutes.

2. Drain the porcini, then roughly chop. Add all the mushrooms to the softened onion mixture with the sage and chestnuts and fry for 5 minutes. Stir in the flour and cook for 2 minutes. Add the milk, little by little, stirring, until thickened. Season, then leave to cool.

3. Half-fill a large pan with water and bring to the boil. Add the kale and simmer for 3 minutes. Drain and refresh

under cold water, then squeeze out and pat dry in a clean tea towel. Add to the mushrooms, check the seasoning, then pour into a 1.5 litre ovenproof dish.

4. Roll out the pastry on a lightly floured surface to the thickness of a £1 coin. Trim to a little bigger than the dish (see tip). Brush the rim of the dish with a little beaten egg. Cut the trimmings into strips, lay over the rim, then brush with a little more egg. Lay the rolled-out pastry over the top and press the edges to seal. Brush the pie generously with the remaining beaten egg, then bake for 25 minutes until crisp and golden.

PER SERVING 387kcal, 23.3g fat (11.2g saturated), 12.1g protein, 32.2g carbs (6.4g sugars), 0.7g salt, 5.2g fibre

Creamy leek, potato and gruyère pie [v]

SERVES 8-10

TAKES 1 HOUR 20 MINUTES TO MAKE,
40-50 MINUTES TO COOK,
PLUS COOLING

- 3 large potatoes, thinly sliced
- 2 tbsp olive oil
- 4 large leeks, halved lengthways and chopped into large pieces
- 2 garlic cloves, finely chopped
- 350ml crème fraîche
- 2 large free-range eggs, lightly beaten
- 1 tbsp wholegrain mustard
- 160g gruyère (or vegetarian alternative), grated
- Bunch fresh chives, chopped

FOR THE PASTRY

- 200g plain flour, plus extra for dusting
- 200g wholemeal flour
- 1 tsp mustard powder
- 150g chilled butter, chopped
- 4-5 tbsp ice-cold water
- Milk for glazing

1. Make the pastry first. Put the plain flour, the wholemeal flour and the mustard powder in a large bowl with a good pinch of salt. Add the butter and rub in with your fingertips until the mixture resembles coarse breadcrumbs. Add ice-cold water 1 tbsp at a time and mix in with a round-bladed knife until the mixture just forms a dough. Tip out onto a lightly floured surface and knead gently until smooth. Wrap in cling film, then chill in the fridge while you make the filling.

2. Bring a medium saucepan of water to the boil, add the sliced potatoes and cook for 3-4 minutes until beginning to soften. Drain well and set aside.

3. Heat the oil in a large frying pan, add the leeks, cook for 2-3 minutes, then add the garlic and cook for a further

minute. Remove the pan from the heat and leave to cool.

4. Mix together the crème fraîche, eggs, mustard, most of the cheese (reserving about 3 tbsp), the chopped chives and a good pinch of salt in a large bowl. Stir in the cooled garlicky leeks.

5. Remove the pastry from the fridge. Cut off one-third and set aside. Roll out the larger piece of pastry on a lightly floured surface and use to line the base and sides of a 23cm x 5.5cm deep loose-bottomed cake tin. Cover the base of the pie with the well drained sliced potatoes, then pour the creamy leek mixture over the potatoes.

6. Heat the oven to 180°C/fan160°C/gas 4 and put a baking sheet in the oven to heat. Roll out the remaining piece of pastry until it is 2.5cm larger than the top of the cake tin. Brush the edges of the pastry with a little milk, then press it on top of the pie to make a lid, crimping the pastry edges together to seal.

7. Brush the top of the pastry with milk, put the pie on top of the heated baking sheet and bake for 35-40 minutes. Scatter the remaining cheese over the top and return to the oven for 5-10 minutes until the pastry is golden and crisp. The filling should still be oozy but hold its shape when cut into wedges.

PER SERVING (FOR 10) 554kcal, 36.9g fat (21.6g saturated), 14.1g protein, 42g carbs (3.2g sugars), 0.6g salt, 6.2g fibre

NEXT TIME TRY...

...mature cheddar or a mix of cheeses instead of the gruyère, and dijon mustard instead of wholegrain.

VEGETARIAN



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deliciousmagazine.co.uk/cake



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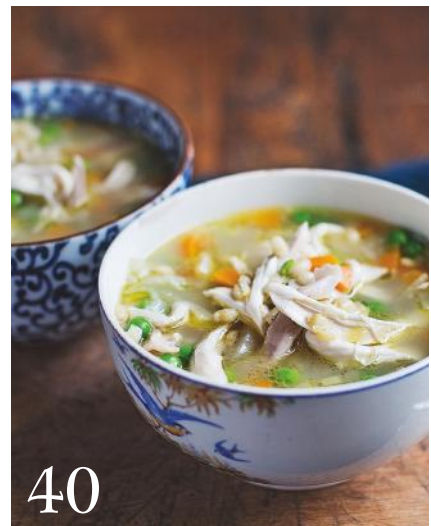
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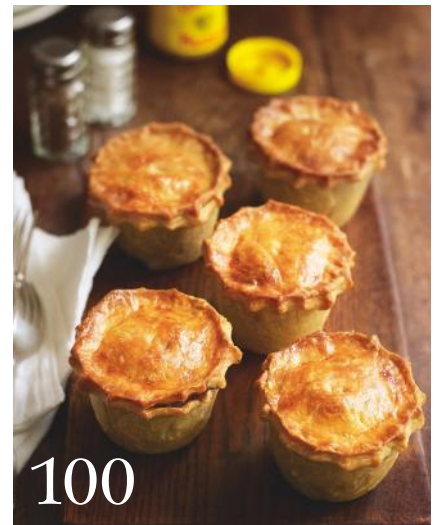
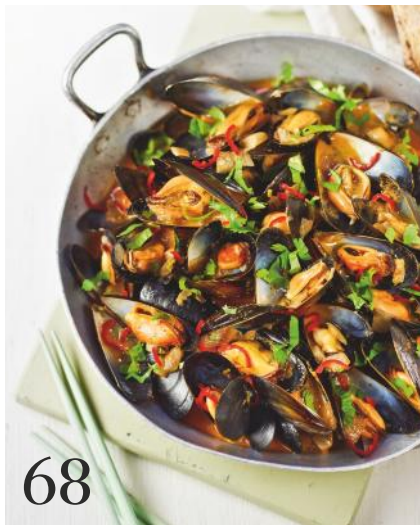


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